

## Coaching Intake – Life Inventory

- Career
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Finances
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Friends
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Family
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Romantic relationship/Spouse/Dating
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Spirituality/Religion/community involvement
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Recreation/Hobbies/Fun
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Health
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Surrounding Environment (your house, office, car, local outdoor spaces, etc.)
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?
- Anything Else That's Important
  - Briefly describe your current situation, compared to your ideal situation.
  - Your level of personal satisfaction is \_\_\_\_\_(Score 1-10)
  - How important is this category to you?
  - Do you feel on track?