



Do I Need a Coach?

Answer the following questions with a simple yes or no to work out if you need some assistance to get MORE out of your life.

Personal Coaching

Question	Yes	No
I know my strengths and natural talents and how I can use them	<input type="radio"/>	<input type="radio"/>
I am happy with my current work situation	<input type="radio"/>	<input type="radio"/>
I love my work and feel that what I do is aligned with my personal values	<input type="radio"/>	<input type="radio"/>
I get a sense of satisfaction out of my work	<input type="radio"/>	<input type="radio"/>
I wake up each morning excited at the prospect of the day ahead	<input type="radio"/>	<input type="radio"/>
I have a “bigger picture” purpose in life and know how I will achieve this	<input type="radio"/>	<input type="radio"/>
I am living a life I enjoy and have something to look forward to each and every day	<input type="radio"/>	<input type="radio"/>
I have a clear picture of three important things I would like to achieve professionally in the next twelve months and I know how I will reach these goals	<input type="radio"/>	<input type="radio"/>
I know how to keep myself motivated with regard to achieving my goals	<input type="radio"/>	<input type="radio"/>
I understand what success means to me and how to measure the moments of success	<input type="radio"/>	<input type="radio"/>
I feel free to communicate in an open and honest way in all of my professional relationships	<input type="radio"/>	<input type="radio"/>
I have a great relationship with the people I work with	<input type="radio"/>	<input type="radio"/>
I take annual holidays and really unwind	<input type="radio"/>	<input type="radio"/>
I know what type of career I would like to pursue	<input type="radio"/>	<input type="radio"/>
I am confident in my own abilities	<input type="radio"/>	<input type="radio"/>