



**Susan Chan at New Horizons**  
**Coaching: Present situation: self analysis**

On a scale of 1 to 10 (1 being poor and 10 being fully achieved/ happy], grade each of the categories below, as they are at this moment.

<u>Focus</u>	<u>Value (1 to 10)</u>	<u>Comment</u>
Social/ Leisure		
Personal Growth and Development		
Marriage/ Partner		
Spiritual		
Health and Well Being		
Relationships, Friends and Family		
Wealth, Job and Money		
Careers/ Job Satisfaction		
Outlook in Life/ Attitude		
Physical Environment/ Home		

Total Score      /100

Date

- How has this changed since the last time you completed the chart?
- How do you feel about your life as you review this sheet?
- Which elements are you most happy with?
- Prioritise. Which elements would you like to improve?
- What steps can you start to make today to make those changes?
- What would a score of 10 feel like?
- How would you describe your work/ Life balance?