



## Assessment Worksheet for Individuals

### ◀ Coaching Creates Powerful Action and Clear Direction.

In order to gain a better understanding of what your coaching needs are, please fill out this **Coaching Assessment Worksheet for Individuals**.

**Which of these apply?**

- It's time to make a needed change
- Unsure about what to do next
- Need a confidant, a sounding board
- Lack confidence, clarity or certainty
- Want to close the gap between what you have and what you want
- Need more time to focus on fulfilling goals, priorities, possibilities
- Stress, uncertainty taking its toll
- Want to replace ineffective habits with ones that work for you
- Have plenty of options, need help sorting through

#### **Contact Information**

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**Your Wisdom in Action**