



Getting Started

1. What do you want to work on in coaching?

2. What changes need to be made within yourself, or your life, to help your coaching be successful?

Satisfaction Guide. figure is a quick visual representation of where you are in your life regarding your current level of feeling satisfied. Fill in your level of satisfaction on eight different areas. Lowest satisfaction is 1-3; highest satisfaction is 7-9. Does one slice of the pie stand out high or especially low? Are you satisfied with most areas of your life?

