**Scores: 1 = Not At All / Nope / Nada and 10 = You Bet / Tons / Totally**

**1. Give a SCORE from 1 to 10 for how SATISFIED you are with your life overall?**

\_\_\_\_\_ / 10

**2. Give a SCORE from 1 to 10 for how much FUN you are having in life?**

\_\_\_\_\_ / 10

**3. Give a SCORE from 1 to 10 for how HAPPY you are in your current CAREER?**

\_\_\_\_\_ / 10

**4. Give a SCORE from 1 to 10 for how overwhelmed, BUSY or cluttered you currently feel?**

\_\_\_\_\_ / 10

**5. I like myself:**

--5 0 +5 ***(please put an X on the line to  
 correspond with how much you like yourself on a scale of -5 to +5)***

**6. What is your FAVOURITE thing in your life at the moment? (like best)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. What could be IMPROVED in your life at the moment? (like least)**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8. I am looking: *(please tick all that apply)***

**❒ For More Meaning/Purpose in Life**

**❒ For More Fulfilment/Happiness in Life**

**❒ For More Ease/Simplicity or Balance in Life**

**❒ For More Freedom and/or Inner Peace in Life**

**❒ To Change or Move Forwards in my Career**

**❒ To Achieve my Goals Faster/More Easily**

**❒ To Learn to Trust Myself More/Be My Authentic Self**

**❒ Other *(If there was something you haven’t mentioned yet, what would it be?)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**9. I am ready to take ACTION and make changes in my environment, habits and life**

**Maybe / Yes / No *(please circle) And if it’s a yes – contact Diana for coaching if you need help in changing!***