



Confidence Coaching Lifestyle Evaluation

Name

Address

Profession/Work

How long in this position

Telephone numbers/Email

Have you ever suffered from low mood, depression or anxiety?

Are you currently taking any medication?

Your Life in Balance



How do you feel about your life right now?

Mark an X to score how you feel about each of the different areas of your life

(10 = Great 0= Not good)

Take some time out just for you to answer the following questions as honestly as you can.

List ten things you feel you should have done at this point in your life or have been disappointed with in the past few years.

1

2.

3.

4.

5.

6.

7.

8.

9.

10.

Complete these sentences for me as quickly as you possibly can.

Try not to think too much, go with what first comes into head and heart.

(Some sentences are deliberately repeated)

I feel happiest when.....

I feel guilty about.....

I feel energised.....

I would love to.....

I feel that I have missed out on.....

I feel peaceful when.....

Sleep is.....

When I spend time alone I.....

I feel tired.....

I'm too old for.....

I feel grounded when.....

I can't let go.....

Exercise is.....

My mind is.....

I'm.....

I don't like.....

I worry.....

Time out for me is

If I could only.....

I always feel that I should.....

Make a list of any negative thoughts you have about yourself

1.

2

3

4

5

6

7

8

9

10

Make a list of things you would love to achieve in your life

1

2

3

4

5

6

7

8

9

10

List things you would secretly love to change about your life

1

2

3

4

5

6

7

8

Thank you for completing this questionnaire. I know how difficult it can be to answer some of the questions and be honest with ourselves.

In our call, I will explain how I can help you move forward and feel confident. Looking forward to helping you awaken the woman within.

Sarah x