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NLP Life Coaching

Life and Wellness Evaluation

Review Information

Your Name:
Date:
Age:
Marital Status:
Number and Ages of Children if any:

Guidelines

You will also be asked to score each section on a scale of 0 to 10 with 0 being totally dissatisfied and 10 being totally satisfied.

Review this regularly and compare your scores to see how things are progressing.

Sometimes, scores will drop even though improvements have been made – this is because you may have re-set your expectations. You aren't looking for 10 out of 10 on the final chart but more an even distribution.

Work

a) Budgeting

Do you work well with your superiors? YES / NO

Do you work well with your colleagues? YES / NO

What is your view of money?

Do you have savings? YES / NO

What have you done to ensure financial security?

How would you score your satisfaction with budgeting on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

b) Career

What do you do?

What is your view of work?

Do you feel stuck? YES / NO

What are you doing to develop your career?

Do you have regrets? YES / NO

How would you score your satisfaction with your career on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

c) Relationships

Do you work well with your superiors? YES / NO

Do you work well with your colleagues? YES / NO

Do you assert your needs in the work environment? YES / NO

Can you separate work from home? YES / NO

How would you score your satisfaction with your work relationships on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

d) Organisation

Do you manage your time effectively? YES / NO

Do you have an appropriate amount of work for your time? YES / NO

Do you plan ahead? YES / NO

How would you score your satisfaction with your organisation on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

Personal

a) Relationships

What kind of relationship do you have with your partner?

What kind of relationship do you have with your children?

What kind of relationship do you have with your parents?

Do you have close friends? YES / NO

Are you happy in your relationships? YES / NO

How would you score your satisfaction with your relationships on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

b) Contentment

When you are at home do you feel relaxed and content? YES / NO

Do you have any kind of spiritual life? YES / NO

Do you invest in personal development? YES / NO

Do you contribute to the wider community? YES / NO

Do you have any hobbies? YES / NO

contentment continued-

What do you do to relax?

How would you score your satisfaction with your contentment on a scale of 0 to 10, 0 being totally dissatisfied and 10 being totally satisfied?

0 1 2 3 4 5 6 7 8 9 10

Fig 2

Work Budgeting											
Career											
Relationships											
Organisation											
Personal Relationships											
Contentment											
Environment											
Health											
Score	0	1	2	3	4	5	6	7	8	9	10

The information on this chart can then be used to decide which areas of your life are unbalanced. You can then work with a Life Coach on these areas which could well produce improvements in other areas also.