

SELF AWARENESS CHECK

Coaching deepens your self awareness - try answering the questions below to check where you are. Be as honest as you can

- What I enjoy most in my life is...
- What I enjoy least in my life is...
- The happiest time in my life was when...
- The unhappiest time in my life was when...
- The most important thing in my life is...
- The most important person in my life is...
- What I am proudest of achieving is...
- What I want most in the world is...

- My natural gifts and abilities are...
- The things I find difficult are...
- If I could change anything about myself it would be...
- If I could change anything about my life it would be...

If you find that you want to move forward in some areas of your life – coaching can help you. Contact Joyce on 01250 870170 or 07789164822 or e-mail joyce@start-here-coaching.co.uk