## **DORA CARPENTER, CPC**

Na	me: Date:
	What SCORE out of 10 would you give for how SATISFIED you are with your life overall? $/~10$
	If you were to give a SCORE out of 10 for how much FUN you're having in life:
	/ 10
3.	If you were to give a SCORE out of 10 for how HAPPY you are in your current CAREER:
	/ 10
4.	Give a SCORE out of 10 for how overwhelmed, BUSY, or stressed you usually feel:
	/ 10
5.	Deep down, I like myself:
<b>←</b>	O +5 (place an $X$ on the line to correspond with how much you like vourself on a scale of -5 to +5)
6.	What is your FAVORITE thing in life at the moment? (like best)
7.	What could be IMPROVED in your life at the moment? (like least)
8.	Thinking about coaching, I am looking: (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:

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(please circle)

Maybe / Yes / No