

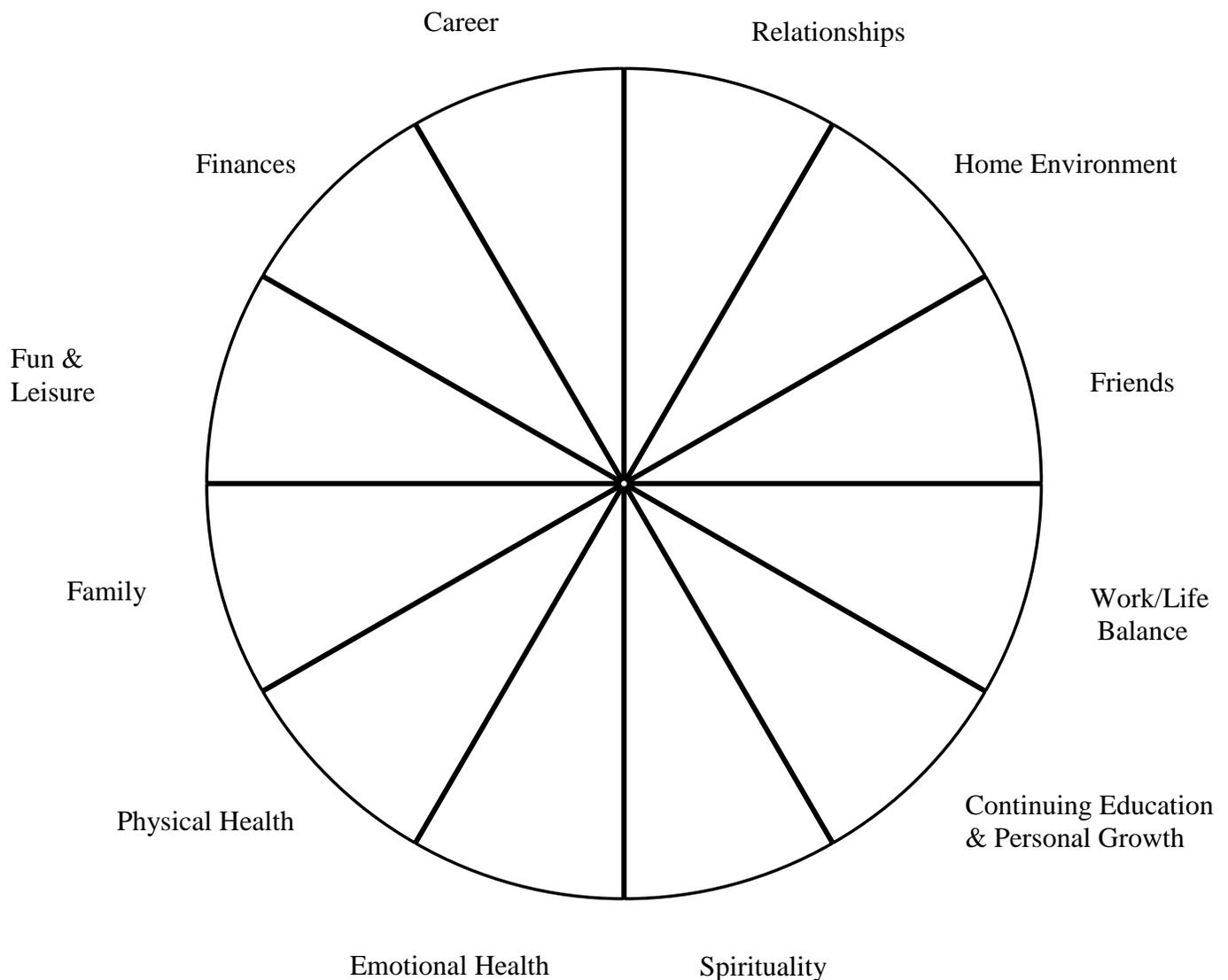
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Self-Assessment

Directions: Use this self-assessment to rate your level of satisfaction in the following twelve areas. Use a scale of 0-10 with 10 indicating high satisfaction and 0 indicating low satisfaction. Read the article that follows for more guidance.



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Grade Your Life

What grade would you give your life?

Now ask yourself if you are content with that grade. If you are, that's great.

However, if you feel that you are often not reaching your potential in some area, let's continue.

Frequently referred to as a life wheel, this self-assessment tool is about taking a few minutes to evaluate different areas of your life. Why is this important?

By assessing the areas where you're succeeding and the areas where you're not, you will be able to decide what you want to improve.

Here's 4 simple steps to get you started:

Step 1: Take 5 minutes to fill in each area with a number.

Step 2: Look at how you scored each area of your life. What do you notice?

Step 3: Pick a single area you would like to focus on. Ask yourself, "What do I need to do to improve this area?"

Step 4: Do it!

Self-assessment is a game changer that costs you only a few minutes of time.

Once your awareness is focused on what area you want to improve, you will have begun doing just that. Use this self-assessment tool and the 4 Steps to get started.

Bonus Step: Consider sharing your intentions with a family member or friend. This is beneficial from an accountability stand point. Plus it helps you articulate your plan and how you will get there.