

Business Owner/Professional Assessment: Section 1 - Client Type

The statements in section 1 are typical of clients who benefit greatly from working with Ann. I recommend you print it out.

Which of these applies to you?

- I run my own business
- I am employed and I also have a business(s) on the side
- I take over the family business when it's necessary and I make it work.
- I am a professional artist or writer

Enter your score here _____

Are these some of the qualities /characteristics you possess?

- I'm resilient and strong
- I'm a doer
- I love a challenge
- I'm progressive
- I'm excited about life
- I'm excited about business
- I get a sense of fulfilment from my work
- I'm bursting to do more, be more.
- I succeed in whatever I put my energy into
- When I am seeing clearly I get great results

Enter your score: _____

Total score section 1: _____

NB: If your score is 4 or more in total, continue to section two.

Section 2: Your current situation and what you want

The statements in section 2 reflect the issues that Ann's clients transform through coaching.

How many are true for you?

1. T F I sacrificed aspects of my life to succeed and now I'm paying the price
2. T F I want success without compromising my quality of life but I haven't found the winning combination.
3. T F I need space and time to think
4. T F I want to re-define what success means to me

Enter your score here _____

Is this your situation?

1. T F My life is out of balance
2. T F Cracks are appearing in my health
3. T F Cracks are appearing in my relationships
4. T F My sense of satisfaction has diminished.
5. T F My self esteem has taken a knock
6. T F My life/work situation has changed dramatically
7. T F I put my parts of my life on hold for the last few years
8. T F I feel like I'm stuck on a track and I can't get off it
9. T F I'm too busy to get clear
10. T F I'm on a path but I need to take detour
11. T F I haven't clearly identified what I want
12. T F I'm allowing opportunities to pass me by
13. T F I'm afraid I'm missing out
14. T F I want a Big Change
15. T F I want smaller meaningful changes

Enter your score here _____

Contd/.....

Is this true for you?

1. T F I need to be in control
2. T F In my environment, it's the norm to overwork
3. T F I have no 'off' switch
4. T F I often work late & at weekends
5. T F I don't take breaks
6. T F I feel exhausted by the weekend
7. T F At times I feel huge guilt
8. T F My energy comes and goes
9. T F I don't make time for me
- 10.T F I'm always 'on' and I feel a consistent sense of urgency

Enter your score here_____

Is this how you operate?

1. T F I take on too much
2. T F I'm always running ahead of myself
3. T F I'm last on my own agenda
4. T F I don't allow any time for me
5. T F I push myself too hard
6. T F I beat myself up
7. T F I give too much
8. T F I don't look after myself properly
9. T F I'm spread too thin
- 10.T F I use food or alcohol to de-stress
- 11.T F I have major expectations of myself
- 12.T F I don't get enough exercise

Enter your score here_____

Is this what you're experiencing?

1. T F I feel cut off from myself
2. T F My health is suffering
3. T F Everyone has a piece of me
4. T F I struggle with some relationships
5. T F I feel trapped
6. T F I'm over committed
7. T F I'm tentative around some people's moods
8. T F I avoid conflict – tending to hide my feelings vs. say what I really think
9. T F I put with things till they become a pain
10. T F My energy gets low
11. T F My head is too full to be clear
12. T F I have no space to get really clear on what's important to me

Enter your score here _____

What do you want?

1. T F Energy and mental space
2. T F Time to get clear
3. T F Re- define success for me
4. T F I'd love to commit to something meaningful to challenge and stretch me
5. T F Find the direction that works best for me
6. T F Structure
7. T F Space for all important things in my life
8. T F Healthy habits that build me up
9. T F A way forward that excites and sustains me

Enter total no. of 'Trues': _____

For each statement you marked at TRUE assign 1 point.

Total all your True Scores _____ and check below for assessment result.

0 – 8 points: There is always room for improvement but chances are your life is working reasonably well for you. *(If you're a really high achiever and you want it all, coaching will help you go above and beyond what you believe is possible for you.)*

9 - 16 points: Your energy and drive most likely come and go. There are times you are full of the joys of life, ambitious and succeeding but you can also hit lows at times and lose focus. *(Coaching will help you tweak your tripping points and give you the tools to build and sustain momentum).*

17 – 30 points: You teeter frequently between good days and bad days but getting back to feeling motivated and feeling a sense of achievement and satisfaction seems to take longer each time. *(In your case, coaching is a way for you to stand on firmer ground by getting very clear on what really works for you so that you can stand over the choices you make, follow through with confidence and acknowledge your achievements.)*

31 - 45 points: Your drive and energy seem to always need boosting. Most likely you are in survival mode, acting like you're winning but feeling like you're losing, fuelled by frustration and feeling helpless about how to stem the constant demotivation and drain on your vitality.

46 – 62 points: Your work life is a constant struggle. Chances are your health and sense of well being are seriously impacted and your relationships and your work are suffering. It is time to get serious about the quality of life you want.

Assessment complete!

If you scored 4 or more in section 1 and 10 or more in section 2 and you're ready to step out of your comfort zone to create a life in which you thrive, contact Ann today, +353 21 4354725