



BASELINE ASSESSMENT

What is a baseline assessment? It is an honest and rigorous evaluation of where you are at in life right now. It is a useful preparation for developing your Seven LifeGoals for Success.

Reality is your friend, and you need to ask your friend where you are today so that you can get to where you want to be tomorrow.

Use these questions to assess your current status in your seven life areas, based on the "Seven Goals for LifeChange" form found under the "Personal Growth" section of the HighPower Coaching Resources.

1. SPIRITUAL LIFE

- How is the relationship between you and God, really?
- Are you as close as you could be?
- Are you as close as you want to be?
- What would need to change to get closer to God?
- What would need to change to grow spiritually?
- What would you need to Stop doing?
- What would you need to Start doing?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

2. SOCIAL/EMOTIONAL WELL-BEING

- How are your primary relationships (those with your spouse, children, parents, family)?
- How are your work relationships?
- How are your relationships with friends?
- What do you most enjoy about your relationships right now?
- What is bothersome?

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- Do you feel good about yourself?
- What would need to change to improve your self-perception?
- Do you have joy?
- What are you tolerating?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

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1 2 3 4 5 6 7 8 9 10

3. PHYSICAL HEALTH

- Are you healthy? Would your doctor agree?
- Do you know your weight, cholesterol, blood pressure? Are they where they should be?
- What is physically challenging to you?
- Do you have any regular responsibilities that exhaust you?
- How are your sleep habits?
- How are your eating habits?
- How is your exercise routine? Do you have one?
- What do you need to start or stop doing to improve your health?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

4. INTELLECTUAL/CULTURAL AWARENESS

- Are you growing intellectually as a person? Are you learning something everyday?
- What were the last five books you've read?

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- Are you aware of the top political issues in the country right now?
- What periodicals do you read regularly?
- What do you listen to most often during the day?
- Are you conversant on enough subjects to succeed in life?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

5. FINANCIAL PROSPERITY

- What is your current net asset value?
- Are you saving, or going into debt?
- What kind of loans do you currently have?
- How much do you need to make to achieve your goals?
- How much do you make per month/week/hour?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

6. FAMILY TOGETHERNESS

- Do those closest to you know that you love them?
- When was the last time you said so?
- What do you do together as a family?

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- How are you building memories that will last?
- What is your best family tradition?
- What is your greatest family issue that needs to be addressed?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

7. CAREER ACHIEVEMENTS

- Where are you right now in terms of career success?
- Are you content with that, or driven for more?
- What is the greatest hindrance to forward progress?
- Can this hindrance be overcome in this career or job?
- What do you most enjoy about your career?
- What do you least enjoy?
- If money were not an issue, would you do this job for free?
- What are three steps you could take right now to begin achieving greater success in this area of your life?

Please rate yourself on a scale of 1 - 10 (10 being best) in this area:

1 2 3 4 5 6 7 8 9 10

Total all of your scores to come up with a numeric total from 7 - 10: _____
(This is your Baseline; check back here at the end of the coaching to measure progress.)