

PERSONAL COACHING SNAPSHOT



**SOUL PURPOSE
INSTITUTE**

Visualize yourself one year from today. Describe what happened to make you feel phenomenal about your progress.

If we worked together for one year, and it was absolutely the greatest year of your life, what three things would we have accomplished? (The first has to be for YOU...not business, money, and family, nor what anyone else thinks you should focus on. Give yourself permission to make this first goal about you. The next most fulfilling goal can be about any life area. The final goal must include what the 'greatest year in my life' would be incomplete without accomplishing.)

1.

2.

3.

Rate your life areas on a scale of 0 to 5: 0 = N/A; 1 = Unacceptable; 2 = Poor; 3 = Okay; 4 = Very Good; 5 = Perfect

<i>Family Life</i>	_____	<i>Marriage/Relationship</i>	_____	<i>Happiness</i>	_____
<i>Financial</i>	_____	<i>Personal Health</i>	_____	<i>Career</i>	_____

What do you believe is holding you back from achieving your full potential?

What are your expectations of me?

What are your expectations of our coaching program?

What specifically would you like to accomplish from our work together?

What are the 4 most important books you have read cover to cover?

Use this space to comment on any other concerns, goals, questions or issues.

Please submit completed document by fax, mail, or email to Jim Lacatena at:

*The Soul Purpose Institute
31 Harrison Terrace, Rochester, NY 14617
Jim@SoulPurposeInstitute.com
Fax: 585.295.7798*

