

Internal Alignment Self-Assessment

Please rate the following areas according to how **important** they are to you:

1 = Not at all important, I can take it or leave it

10 = Extremely important, This is one of my core values

1. Career

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

2. Money/Finances

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

3. Family & Friendships

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

4. Recreation

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

5. Personal Growth

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

6. Romance/Significant Other

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

7. Health

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

8. Physical Environment

1	2	3	4	5	6	7	8	9	10
Not Important			Somewhat important					Very Important	

Rate your **satisfaction** with the following areas:

1 = Very Unsatisfied

10 = Completely Satisfied

1. Career

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

2. Money/Finances

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

3. Family & Friendships

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

4. Recreation

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

5. Personal Growth

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

6. Romance/Significant Other

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

7. Health

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

8. Physical Environment

1 2 3 4 5 6 7 8 9 10
Very unsatisfied Somewhat satisfied Completely Satisfied

Compare your ratings of importance and satisfaction. How well do they align? Are you getting satisfaction from the areas that are of most value to you? If there is a significant mis-match between your priorities and your satisfaction, coaching may be for you. Contact us for a free consultation.