

Hello

Here are some coaching forms for you to review and email your forms to me prior to your visit if you like.

I look forward to coaching you toward your goals.

Sincerely,

Jean Pollack

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CLIENT DATA

THE BASICS

Date Prepared _____

Name:

Company:

Address:

City/State:

ZIP

Day Phone:

Eve:

Voice Mail:

Fax Line:

Date of Birth:

Occupation:

Nature of Business/Position: _____

Referred By: _____

THE FIRST STEP
(Or cleaning the “Clutter”)

CLIENT INSTRUCTIONS: Make a list of what you are putting up with at work and at home to determine what might be limiting you right now.

We put up with, accept, take on and are dragged down by things that we may have come to ignore. Now is the time to identify those things. As you think of more items, add them to your list.

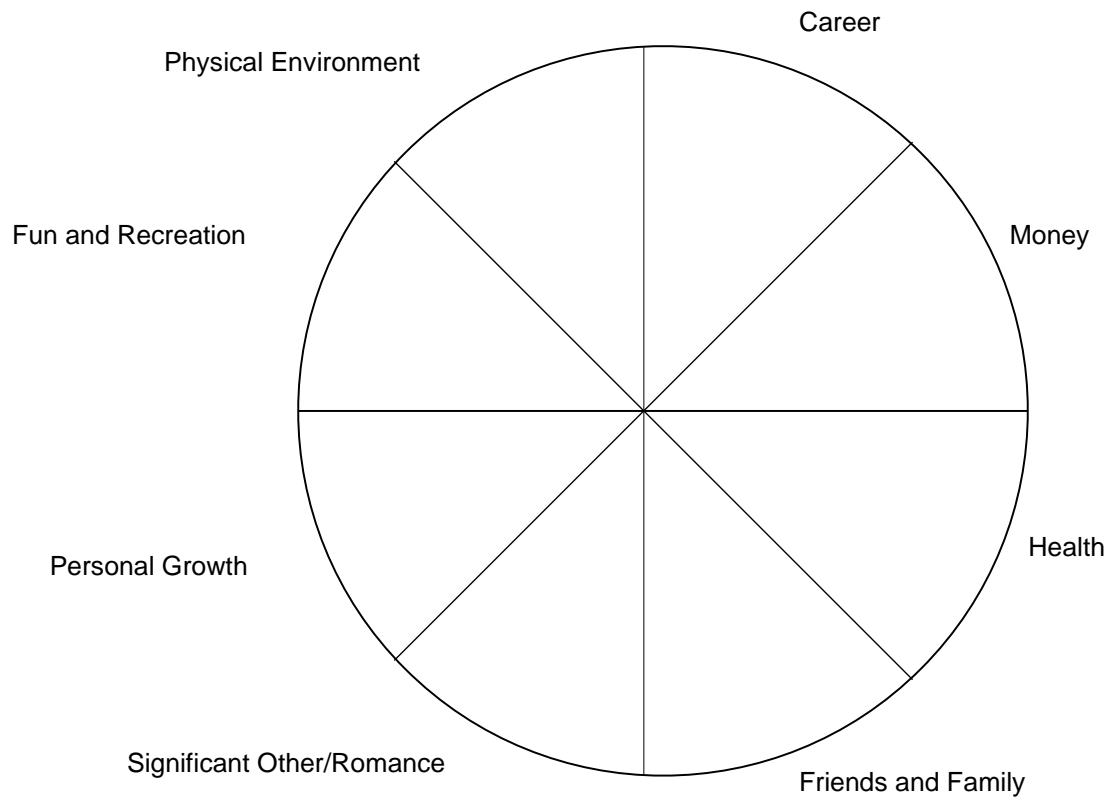
You may or may not choose to do anything about them right now, but just becoming aware of and articulating them will bring them to the forefront where you'll naturally start handling, eliminating, fixing and resolving them.

ENERGY DRAINERS AT WORK ENERGY DRAINERS AT HOME

(Situations, people's behavior, unmet needs, crossed boundaries, incomplete items, frustrations, problems and even your own behavior)

| | |
|-----|-----|
| 1) | 1) |
| 2) | 2) |
| 3) | 3) |
| 4) | 4) |
| 5) | 5) |
| 6) | 6) |
| 7) | 7) |
| 8) | 8) |
| 9) | 9) |
| 10) | 10) |
| 11) | 11) |
| 12) | 12) |
| 13) | 13) |
| 14) | 14) |
| 15) | 15) |
| 16) | 16) |
| 17) | 17) |
| 18) | 18) |
| 19) | 19) |
| 20) | 20) |

Wheel of Life Exercise



Example

Directions:

The eight sections in the Wheel of Life represent balance.

Regarding the center of the wheel as 0 and the outer edge as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge (see example).

The new perimeter of the circle represents the Wheel of Life. How bumpy would the ride be if this Personal Growth were a real wheel?

