

Personal Assessment Questionnaire: What Benefits are You Seeking?

In which areas are you looking for substantial improvements to gain the following benefits?

BENEFITS	✓	BENEFITS	✓
<p>1. Clarity - Seeing the big picture of present context, connections, situations and future directions.</p> <p>2. Direction - Seeing the possibilities and knowing which path is best.</p> <p>3. Personal Values - Aligning personal principles with words and actions. Gaining trust.</p> <p>4. Focus - Concentrating on what's truly important in business, in people, in life.</p> <p>5. Available Time - Less time wasted, more free time.</p> <p>6. Effectiveness - Concentrating on what brings the desired impact.</p> <p>7. Efficiency - Gaining speed and delegating effectively.</p> <p>8. Follow through - Ensuring preparation and completion in line with plans.</p> <p>9. Commitment – Committing fully to process, goals and action.</p>	✓	<p>10. Revenue – Generating the income that suits your desires and lifestyle.</p> <p>11. Support from Others - Working with a dependable support network.</p> <p>12. Work/Life Balance – Improving the work vs. "play" ratio.</p> <p>13. Communication - Speaking and listening at a deeper level, to have your needs met.</p> <p>14. Collaboration – Creating synergy as a way of doing business and living life.</p> <p>15. Innovation - Using your creative energy to create new combinations. Thinking out-of-the-box.</p> <p>16. Energy – Moving from toleration to cooperation with situations, people and yourself – to experience more energy.</p> <p>17. Health - Creating healthy habits that impact body and mind.</p>	✓

NOTE: It is very likely that you desire all of the benefits above. However, some may be more important than others at this point in time. In which area do you experience the most dissatisfaction? Cultivating which areas do you think would gain you the most leverage?

Are you ready to unlock the benefits Coaching holds for YOU?

Contact Virginia to learn more about *peaceful* PRODUCTIVITY®

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“And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.” — Anais Nin

your catalyst to sustainable results