

## 1.) VISION/LIFE PURPOSE EXERCISE

Imagine you are at the end of your life and are assessing your success. Look at each of the categories below and describe what you would have **wanted** to achieve in that area in order to feel that your life was successful and fulfilling.

Your professional goals – the level of power, authority and satisfaction you achieve, the impact you had on others and your organization:

The kind of work – activities and responsibilities – that you found fulfilling:

The type of work environment that energized you – people, place, setting, culture:

Your financial rewards – the income and financial status that you achieved:

Your family life – what it looked like and felt like:

Your social life – your friends, your community, your volunteer work:

How you used other talents and gifts – athletic, artistic, musical, etc.:

Your physical, emotional and spiritual well-being – how you took care of yourself:

**Reflect on your answers above – this encompasses the vision that you should hold for yourself.**

2.) What is your long-term career goal?

3.) How do these career goals support your personal goals?

4.) Describe your top strengths and skills:

5.) Describe the characteristics that you feel make you unique:

6.) Describe some of your most important beliefs:

7.) Describe the skills you would like to improve or the behaviors that seem to cause you problems which you would like to change

8.) What specific goals are you seeking to achieve through this coaching relationship? Please specify 3 areas that you want held as your main focus during this relationship. For each focus area, provide a simple heading and a description of a measurable result.

9.) How will you measure success? How will you know that you have achieved those goals? Be as specific as possible.

10.) What do you enjoy? What activities – personal or professional – are the most meaningful for you? What are your hobbies and pastimes? What else is important for me to know about you in order to understand you?

Review the list of values below, underline the five that are the most important to you. Add any that might be missing.

Achievement	Creativity	Perseverance
Advancement	Fun	Personal growth
Adventure	Financial security	Physical fitness
Affluence	Fame	Power
Authority	Family	Privacy/solitude
Autonomy	Friendship	Recognition
Balance	Happiness	Relationship
Beauty	Health	Respect
Belonging/affiliation	Humor	Responsibility
Clarity	Intelligence	Risk
Challenge	Inner harmony	Sensuality
Change	Influence	Security
Collaboration	Intimacy/love	Stability
Community	Integrity/honesty	Spirituality
Competence	Justice/fairness	Status
Competition	Knowledge	Vitality
Contribution	Loyalty	Wealth
Courage	Orderliness	Wisdom

List three (3) high points in your life – three peak experiences that made you feel really wonderful:

1.

2.

3.

Describe the qualities or characteristics of each of these high points. What was it about them that made you feel so good?

1.

2.

3.

List three (3) of your “hot buttons” – situations or attitudes that really aggravate you:

1.

2.

3.

Describe the qualities or characteristics of each of “hot button”. What is it that makes you feel so aggravated?

1.

2.

3.