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Life & Business NLP Coach



Assessment Document

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Thank you for taking the time to complete this assessment.

Please rank your current levels of success in each area of your life with the following easy exercise.

Please be 100% honest and completely comfortable with your answers.

This information will be used as the coaching foundation and baseline position to start to increase your levels of success in everything that we do.

If the sentence is true, give yourself 1 point

MONEY / FINANCE / ASSETS

I regularly save 10% of my income

I have no money worries

I have no credit card debt in excess of R 10,000

I have at least 50% worth of money of my annual salary in the bank or invested

I have a money plan in place for the future

I always know what I am spending each month

I always know what my bank balance is at any given moment

I am financially knowledgeable - I know about money and investing

I have total control over my finances

I am always thinking of ways to make money work for me

MONEY SCORE OUT OF 10

CAREER

I love my career, I am fulfilled

I look forward to going to work everyday

My Career stimulates me and develops me as a person

I work to live and not live to work

I know where my career is taking me both in advancement and reward

I have as much energy at 9am as I do at 5pm

In the main, work does not stress me out

The people I work with are great

My work environment is positive and supportive

I have fun at work

CAREER SCORE OUT OF 10



PEOPLE / FAMILY / RELATIONSHIPS

My family life is fantastic
I have a lot of friends and we do things together
I am close to my parents (alive or not)
I have a best buddy
I am close to my children; there are no differences between us
I get along with my neighbours and the people in my area
We do a lot of activities together as a family
The people who matter the most in my life love me
I have a good network
I get along with people in the main and can communicate effectively with everyone

PEOPLE SCORE OUT OF 10

BODY / LOOKING AFTER YOURSELF

I take in exercise at least 3 times a week
I lead a healthy lifestyle in terms of the food I eat and I do not abuse my body with excess alcohol
I am happy with my appearance
I regularly visit the Dentist, Optician and the Doctor for check-ups
I manage my stress levels by relaxing each and every day
I have at least 3 holidays/breaks a year
There are no outstanding issues or problems that have not been resolved or working towards being resolved
I do not chase my tail in terms of not having enough time
I regularly treat myself each week to something I enjoy - clothes, cd's, massage, hair, skin etc
I regularly assess how I am looking after myself and put a plan in place to improve

LOOKING AFTER YOURSELF SCORE OUT OF 10

MIND/GROWTH & DEVELOPMENT

I am constantly learning and growing
I try out new things and activities all of the time
I make plans to improve myself constantly
I know what my goals are and I am energy and effectively making them a reality
I enjoy variety
I develop the people around me so that they are more successful in their lives
I have the tools, aids, contacts and resources to make me a success
I have a mentor who continually pushes me to achieve more
I make events happen rather than wait for them to happen to me
I regularly attend seminars, training courses and conferences to improve

GROWTH SCORE OUT OF 10

HAPPINESS

I love my life and I am very happy
I can't wait to get out of bed every morning
I spend my time away from work doing the things I enjoy the most
Everyday I spend time on me
I love my days off and weekends - they are fun packed
I appreciate the little things in life
I am living the way I want to live at the moment
I don't get stressed out very easily and can chill
I laugh a lot
I am fun to be with

HAPPINESS SCORE OUT OF 10



CONFIDENCE

I am a confident person
I don't doubt my ability to do a job
I know my strengths and weaknesses
I don't have difficulty in saying "No"
I don't often think that I am not as good as others
I don't worry what others may think of me
I don't expect myself to be perfect all the time
It's not important for me to want to be liked and approved of
I smile a lot
I am a positive person

CONFIDENCE SCORE OUT OF 10

UNFINISHED BUSINESS

I am in control of my own life and my own destiny
I could die right this moment with no regrets
I am doing what I want, when I want
I am really optimistic about the future
There is nothing I am dreading or avoiding at this moment in time
I have a plan in place to succeed in all that I do
I am implementing my plan
I have the energy and drive to succeed
I am not afraid of making mistakes or failing at things
I am now ready to give it all that it takes to succeed

UNFINISHED BUSINESS SCORE OUT OF 10

SPIRIT

I have quiet time every day
I am a spiritual person
I am a religious person
I pray daily
I believe in the power of a universal source
I share spiritual experiences with other people
I regularly attend a formal religious gathering
I give part of my income
I am not afraid
I continuously grow spiritually

SPIRIT SCORE OUT OF 10

COMMUNICATION

I communicate well
I am a good listener
I always seek to understand first
I never argue
I am a good communicator
I do not always talk about myself
I do not watch too much TV
I often listen to music
I often read magazines/newspapers
I think a lot

COMM. SCORE OUT OF 10



SCORES

YOUR OVERALL SCORES

AREA	SCORE	AREA	SCORE
HAPPINESS		BODY	
MONEY		MIND	
CAREER		UNFINISHED BUSINESS	
RELATIONSHIPS		SPIRIT	
CONFIDENCE		COMMUNICATION	
GRAND TOTAL			

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With your scores in the table above, highlight the areas of your life that need the most work.

Jot down below the top 5 activities that you are going to start on immediately.

What jumped out at you from completing the assessment?

1. _____
2. _____
3. _____
4. _____
5. _____

SO, WHAT WAS YOUR SCORE?

Use the chart below to see what success Level you are at!

POINTS

70-80
60-69
40-59
00-39

LEAGUE

Olympic Level
Elite Level
Grades Level
Novice Level

OLYMPIC LEVEL

You are working very hard, excellent technique, tremendous self discipline, setting a very high standard and reaping big rewards.

ELITE LEVEL

You have huge potential to jump into the big league. Need a little more attention to detail to give you that final push.

GRADES LEVEL

You are performing at a good standard but you are underachieving. You need to focus and concentrate on where and how you are spending your precious time, also re-look at your tactics and strategy.

NOVICE LEVEL

Watch out or you could be dropping into the non-league, become a couch-potato, live a reactive life driven by fear. Your outlook on life needs a serious overhaul and massive action to get it moving in the right direction.

No matter what league you are in, you CAN constantly improve your life and your reality. You owe it to yourself to have as much happiness in your life as you can. You were created with FREE WILL, do something about it today.