

Name _____ Date _____

1. What **SCORE** out of 10 would you give for how **SATISFIED** you are with your life overall?

_____ / 10

2. If you were to give a **SCORE** out of 10 for how much **FUN** you're having in life:

_____ / 10

3. If you were to give a **SCORE** out of 10 for how **HAPPY** you are in your current **CAREER**:

_____ / 10

4. Give a **SCORE** out of 10 for how overwhelmed, **BUSY** or stressed you usually feel:

_____ / 10

5. Deep down, I like myself:

-5 ----- 0 ----- +5
(place an X on the line to correspond with how much you like yourself on a scale of -5 to +5)

6. What is your **FAVORITE** thing in life at the moment? (like best)

7. What could be **IMPROVED** in your life at the moment? (like least)

8. Thinking about mentorship, I am looking: *(tick all that apply)*

- ☐ For More Meaning/Purpose in Life
- ☐ For More Fulfillment/Happiness in Life
- ☐ For More Ease/Simplicity or Balance in Life
- ☐ For More Freedom and/or Inner Peace in Life
- ☐ To Change or Move Forwards in my Career
- ☐ To Achieve my Goals Faster/More Easily
- ☐ To Learn to Trust Myself More/Be My Authentic Self
- ☐ Other *(If there was something you haven't mentioned yet, what would it be?)* _____

9. I am ready to take **ACTION**, and make changes in my environment, habits and life:

Maybe / Yes / No *(please circle)*