

Rate your sense of health in the following areas.

This can be used by your coach to better understand your situation as a leader and support you in personal and professional development.

Physical Health

1. Rate your effort to improve your physical health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

2. What specific actions have you taken to improve your physical health during the last 6 months? (e.g. quantity and quality of sleep, exercise, weight, diet, time off, caffeine control, physical checkup; dental checkup, etc.)

3. Rate your usual level of physical reserves (reserves are what you generally have stored up).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Emotional Health

4. Rate your effort to improve your emotional health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

5. List specific actions have you taken to improve your emotional health during the last 6 months? (e.g. see counselor, frequent visits with good friends, meditation, anger management, efforts to deal with frustration, efforts to celebrate the little things, efforts to live as grateful and hopeful, etc.)

6. Rate your usual level of emotional reserves (reserves are what you generally have stored up. Emotional reserves are directly related to your ability to bounce back from difficult circumstances).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Social Health

7. Rate your effort to improve your social health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

8. List specific actions have you taken to improve your social health during the last 6 months? (e.g. getting OK with need for time alone, getting the time with people needed, spend time with close friends; reduction of interpersonal conflict, forgiven others; been forgiven by others; improved listening skills; improved attentiveness to others; corrected misunderstandings quickly; live on my terms and not the terms of others; honest interactions; not judgmental or critical)

9. Rate your usual level of social reserves (reserves are what you generally have stored up. To build reserves, if you are more introverted you have plenty of time with a few people or alone; If you are more extroverted, you have plenty of time with people; stop the drain on reserves through honesty clearing relationship problems).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Spiritual Health

10. Rate your effort to improve your spiritual health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

11. List specific actions have you taken to improve your spiritual health during the last 6 months? (e.g. spiritual disciplines/formation activities; prayer; fasting; meditation; service to others; solitude; silence; personal study; listening; taking time just to be still and with God)

12. Rate your usual level of spiritual reserves (reserves are what you generally have stored up).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Personal Development/Learning

13. Rate your effort to increase your personal development/learning during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

14. List specific actions have you taken to increase your personal development/learning during the last 6 months? (e.g. reading; study of subjects other than business; attend seminars; classes; webinars; other online studies; hired a coach; enlisted a mentor; joined a peer network, etc.)

15. Rate your usual level of intellectual reserves (reserves are what you generally have stored up. Intellectual reserves are present when are experiencing new learning, staying fresh on topics, and discovering new awareness, versus feeling dry).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Financial Health

16. Rate your effort to improve your financial health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

17. List specific actions have you taken to improve your financial health during the last 6 months? (e.g. created a budget, paid off loans, saved 10%, paid off credit cards, cut up credit cards, improved investments, lived within budget; paid all bills on time; defined net worth; created wills; used a financial planner; got insurance)

18. Rate your usual level of financial reserves (reserves are what you generally have stored up. An ideal level of financial reserves is 6 months of expenses in savings).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low

Family Health

19. Rate your effort to improve your family health during the last 6 months?

(circle one number)

10 9 8 7 6 5 4 3 2 1
Excellent Good Average Below Average Weak/Poor

20. List specific actions have you taken to improve your family health during the last 6 months? (e.g. healthy marriage; focused time spent with spouse; focused time with children; family appropriately protected from "business"; marriage enrichment activity; family enrichment activity; counseling; established healthier schedule; increased time for communication/family meetings)

21. Rate your usual level of family reserves (reserves are what you generally have stored up. Reserves are present when your family is generally healthy in relationship and emotions and regular, focused time is spent in communication and nurturing relationships).

(circle one number)

10 9 8 7 6 5 4 3 2 1
Very High High Average Low Extremely Low