

# Start Your Success Survey

## Spirit Soars Coaching and Consulting

Please take a few minutes to complete this survey which may illuminate important information about your life. Write in your response beside each question.

1=poor    2=limited skill    3=some skill (average amount)    4=good    5=very good

### How would you rate your skill level in these areas?

1. How do you handle mistakes? \_\_\_\_\_
2. Are you able to positively deal with conflict in your relationships? \_\_\_\_\_
3. How would you rate your self-esteem? \_\_\_\_\_
4. How skilled are you at planning, preparation and organization? \_\_\_\_\_
5. How would you describe your boundaries with others? \_\_\_\_\_
6. Are you able to adapt to different situations? \_\_\_\_\_
7. On average, how easy is it for you to laugh each day? \_\_\_\_\_
8. How skilled are you at completing projects or reaching your goals? \_\_\_\_\_
9. How would you rate your energy level? \_\_\_\_\_
10. How would you rate your quality of sleep? \_\_\_\_\_
11. Are you able to ask for help when you need it? \_\_\_\_\_
12. How self-reliant are you? \_\_\_\_\_
13. How reliable would others say you are? \_\_\_\_\_
14. How skilled are you at giving yourself praise? \_\_\_\_\_
15. What is your ability to stay calm in frustrating situations? \_\_\_\_\_
16. How would you rate your ability to forgive others? \_\_\_\_\_
17. How would you rate your ability to forgive yourself? \_\_\_\_\_
18. How easy is it for you to take time for yourself without feeling guilty? \_\_\_\_\_
19. What rating would you give your financial situation? \_\_\_\_\_
20. What is your satisfaction level with your job? \_\_\_\_\_

After completing the survey, add up the numbers to get your total amount.

## **Evaluating the resulting survey total**

0 - 59 = this is a wake-up call. Your life could use a complete overhaul. So as not to become overwhelmed, begin with only one life area.

60 - 69 = there is substantial room for improvement. You may be living life passively, allowing it to control you rather than you controlling life.

70 - 79 = your life could use some improving such that a small change could make a big difference.

80 - 100 = your life is going very well. You may want to fine-tune certain areas or challenge yourself with a new goal.

If you would like to discuss your results further, please contact me.

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