



Current Situation Assessment

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Instructions: In the following matrix below, rate the quality of each value on a scale of 1 to 10, where 1 is poor and 10 is excellent. The purpose of this assessment is to give you and your coach an idea of the areas in your life which are strong as well as the areas in your life that need improvement.

Date:	Name:											
Value	Rating Scale											
Physical / Emotional Health												
Physical Health	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Quality of Diet	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Level of Fitness	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Level of Happiness	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Financial												
Amount of Wealth	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Current Salary	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Amount of Savings	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Amount of Investments	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Relationships												
Family	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Significant Other	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Parents	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Siblings	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Children	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Friends	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Colleagues	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Co-Workers	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Contribution												
Helping Others in Need	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Charities	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Donations	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Career												
Happiness at Your Job	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Opportunities for Promotion	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Opportunities for More Money	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Work Environment	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Other												
Playtime	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
Love/Intimacy	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]
"Me" Time	[Poor]	1	2	3	4	5	6	7	8	9	10	[Excellent]

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