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What is the Synergy Institute?

The Synergy Institute is a personal development publishing and training company based out of San Diego, California. Our mission is to provide the tools and the education needed to help as many people as we can create a positive change in their lives.

We offer:

- Life & Personal Coaching Services
- Self Improvement Resource Publishing
- Corporate Soft-Skills Training
- Personal Growth Seminars
- Personal Development Products

Who is Tristan Loo?

Tristan Loo is a professional Life Coach, Author, Presenter and Founder of the Synergy Institute. He is internationally recognized as an authority on human potential, communication and personal effectiveness. Tristan's amazing success rate at having his clients reach their goals has him in high demand all over the world and has attracted the attention of an A-list clientele. His methods have been successful in helping people achieve their happiness in life where traditional approaches have consistently failed. In business settings, Tristan's practical techniques have consistently increased motivation, improved communication and increased sales. Tristan's vision is a world where every individual realizes their fullest human potential to achieve what they believe.

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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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