

THE ASSESSMENT OF THE COACHING PROCESS

Name: _____ Date: _____

1. Thinking and evaluating in a general sense; what have I gained so far from the coaching process?

- 1.
- 2.
- 3.

2. Specifically what have I achieved and what do I do/see/think/feel differently about?

- 1.
- 2.
- 3.

3. Three subjects that I am working on (or want to work on) in my personal or professional life:

- 1.
- 2.
- 3.

4. Other subjects I would like to prioritize:

- 1.
- 2.
- 3.
- 4.
- 5.

5. What limiting belief patterns have I left behind (about myself, the way I work, my management style, my relationships, my emotional responses, about others...)?

- 1.
- 2.
- 3.

6. What new positive habits have I developed during my coaching relationship? (about myself, others, work, money, health, relationships...)

- 1.
- 2.
- 3.

7. What did I become aware of about myself during this time?

- 1.
- 2.
- 3.

8. How am I different now?

- 1.
- 2.
- 3.

9. How my life is different now? (new behaviors, habits, work, emotional regulation..)

- 1.
- 2.
- 3.

10. What else would I like to mention that will take me to a better future design?

- 1.
- 2.
- 3.

11. Other subjects I want to work on?
