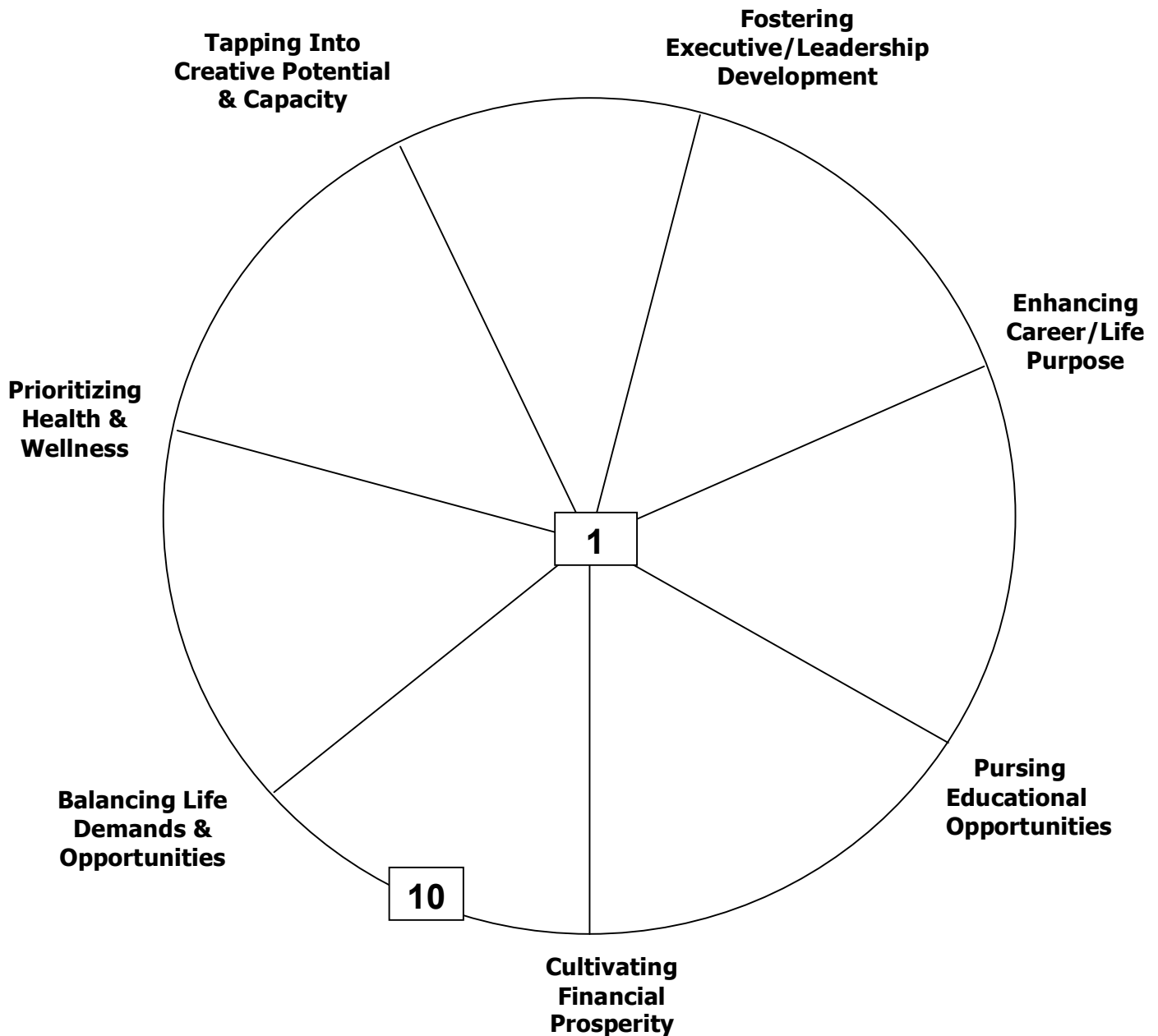


Assessing Personal & Professional Growth Areas

Assess your level of Personal/Professional Satisfaction in the following 7 areas.



The centre of the circle represents '1'. The outside of the circle represents '10'.

With '10' out of '10' representing being highly satisfied in life, assess the degree of satisfaction you are currently experiencing in the above 7 areas, then *connect the dots*. The dot(s) closest to the centre are representational of the area(s) in which you may want to receive Empowerment Coaching support from Full Spectrum Coaching & Consulting.