

Life Coaching Questionnaire

This questionnaire is helpful for learning about yourself. Print it out and answer the questions. How true or false is each of the following statements for you? Circle the "ONE" best answer to each question.

1. I am satisfied with my level of self-confidence and self-esteem.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
2. I am satisfied with my level of self-motivation.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
3. I am satisfied with my physical health.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
4. I am satisfied with my physical appearance.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
5. I am satisfied with my ability to manage my emotions.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
6. I am satisfied with my decision-making ability.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
7. I am satisfied with my ability to follow through on ideas, projects, and goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
8. I am satisfied with my personal goals – OR – if I do not have personal goals, I am satisfied not having personal goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
9. I am satisfied with my ability to organize and keep things organized.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
10. I am satisfied with the cleanliness of my home and workspace.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
11. I am satisfied with my ability to manage my time.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
12. I am satisfied with my leadership ability.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
13. I am satisfied with my level of assertiveness.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
14. I am satisfied with my ability to manage my finances.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
15. I am satisfied with my efficiency and productivity.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

Life Coaching Questionnaire

16. I am satisfied with my partnership/marriage – OR – if I am not in such a partnership, I am satisfied with not being in one.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
17. I am satisfied with my level of parenting – OR – if I am not a parent, I am satisfied with not being a parent.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
18. I am satisfied with my family goals – OR – if I have no family goals, I am satisfied with not having family goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
19. I am satisfied with the medications I am taking – OR – if I am not taking any, I am satisfied not taking medications.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
20. I am satisfied with the amount of yoga I do – OR – if I am not doing yoga, I am satisfied not doing yoga.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
21. I am satisfied with the amount of exercise I do – OR – if I am not doing exercise, I am satisfied not doing exercise.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
22. I am satisfied with the amount of meditation I get – OR – if I am not meditating, I am satisfied not meditating.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
23. I am satisfied with the number and quality of friends I maintain.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
24. I am satisfied with the amount, type, and quality of socializing I do.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
25. I am satisfied with my professional goals – OR – if I do not have such goals, I am satisfied not having them.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
26. I am satisfied with my financial goals – OR – if I do not have financial goals, I am satisfied not having financial goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
27. I am satisfied with my spiritual goals – OR – if I do not have spiritual goals, I am satisfied not having spiritual goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
28. I am satisfied with my eating habits.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
29. I am satisfied with my dietary goals – OR – if I do not have dietary goals, I am satisfied not having dietary goals.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
30. I am satisfied with my sleep habits and my ability to get the proper amount of rest.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
31. I am satisfied with my overall attitude toward friends and acquaintances.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
32. I am satisfied with my overall attitude toward family members.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
33. I am satisfied with my level of communication.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

Life Coaching Questionnaire

34. I am satisfied with my career – OR – if I do not have a career, I am satisfied not having a career.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
35. I am satisfied with my recreational life and the time I spend on hobbies I enjoy.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
36. I am satisfied with my level of passion.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
37. I am satisfied with my life purpose – OR – if I do not know of my life purpose, I am satisfied not knowing it.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
38. I am satisfied with the amount of attention I place on building quality relationships.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
39. I am satisfied with the flexibility of my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
40. I am satisfied with my ability to handle or manage moderate stress.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
41. I am satisfied with my ability to handle or manage high stress.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
42. I am satisfied with my ability to manage my weight.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
43. I am satisfied with the amount of natural care I get for my body (i.e., chiropractic adjustments, massage, etc.)
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
44. I am satisfied with my use of time, how little I waste time, and how I schedule my success.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
45. I am satisfied with my ability to be open to other ideas, beliefs, and opinions.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
46. I am satisfied with the awareness I have regarding my body's needs.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
47. I am satisfied with the quality of my thoughts.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
48. I am satisfied with the way I process grief in regards to the passing of a loved one.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
49. I am satisfied with the way I process frustration or anger when things do not go the way I want.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
50. I am satisfied with the way I process feelings of sadness and loneliness.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
51. I am satisfied with the amount of time I spend watching television.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

Life Coaching Questionnaire

52. I am satisfied with the amount of time I spend on the computer.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
53. I am satisfied with the amount of time I spend with people.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
54. I am satisfied with the amount of time I spend taking care of myself.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
55. I am satisfied with my past.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
56. I am satisfied with my vision for the future – OR – if I do not have one, I am satisfied not having a vision for the future.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
57. I am satisfied with the level of peace I feel in my body.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
58. I am satisfied with my level of enthusiasm and optimism.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
59. I am satisfied with my ability to improve my life and how I use it.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
60. I am satisfied with my level of awareness.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
61. I am satisfied with my level of knowledge.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
62. I am satisfied with my level of energy.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
63. I am satisfied with my body's ability to release its tensions.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
64. I am satisfied with the way I face challenges and resolve conflicts.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
65. I am satisfied with the amount of gratitude I experience and express.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
66. I am satisfied with the amount of time I take to complete a task.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
67. I am satisfied with my level of comfort in expressing my true self.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
68. I am satisfied with the way I respect differences of opinion or various perspectives.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
69. I am satisfied with the amount and quality of my accomplishments.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)

Life Coaching Questionnaire

70. I am satisfied with my level of fulfillment in life.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
71. I am satisfied with the way I refrain from gossiping and speaking judgmentally about others.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
72. I am satisfied with the way my mind thinks and processes information.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
73. I am satisfied with the way I meet and keep up with change.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
74. I am satisfied with the way I interact and work with others.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
75. I am satisfied with my level of comfort in discussing things about myself.
(Definitely True / Mostly True / Don't Know / Mostly False / Definitely False)
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To score your results, place a number (0-4) to the left of each question. Based on your response, assign 4 points for "Definitely True," 3 points for "Mostly True," 2 points for "Don't Know," 1 point for "Mostly False," and 0 points for "Definitely False." Add up the total of all 75 questions. Divide that number by 3. This is your score based on a scale of 0-100.

This questionnaire is used to monitor your progress with life coaching. Give us a call and let us show you what we can do. You will certainly be more satisfied! 😊

I hope you enjoyed your free questionnaire.

Warmly,

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