

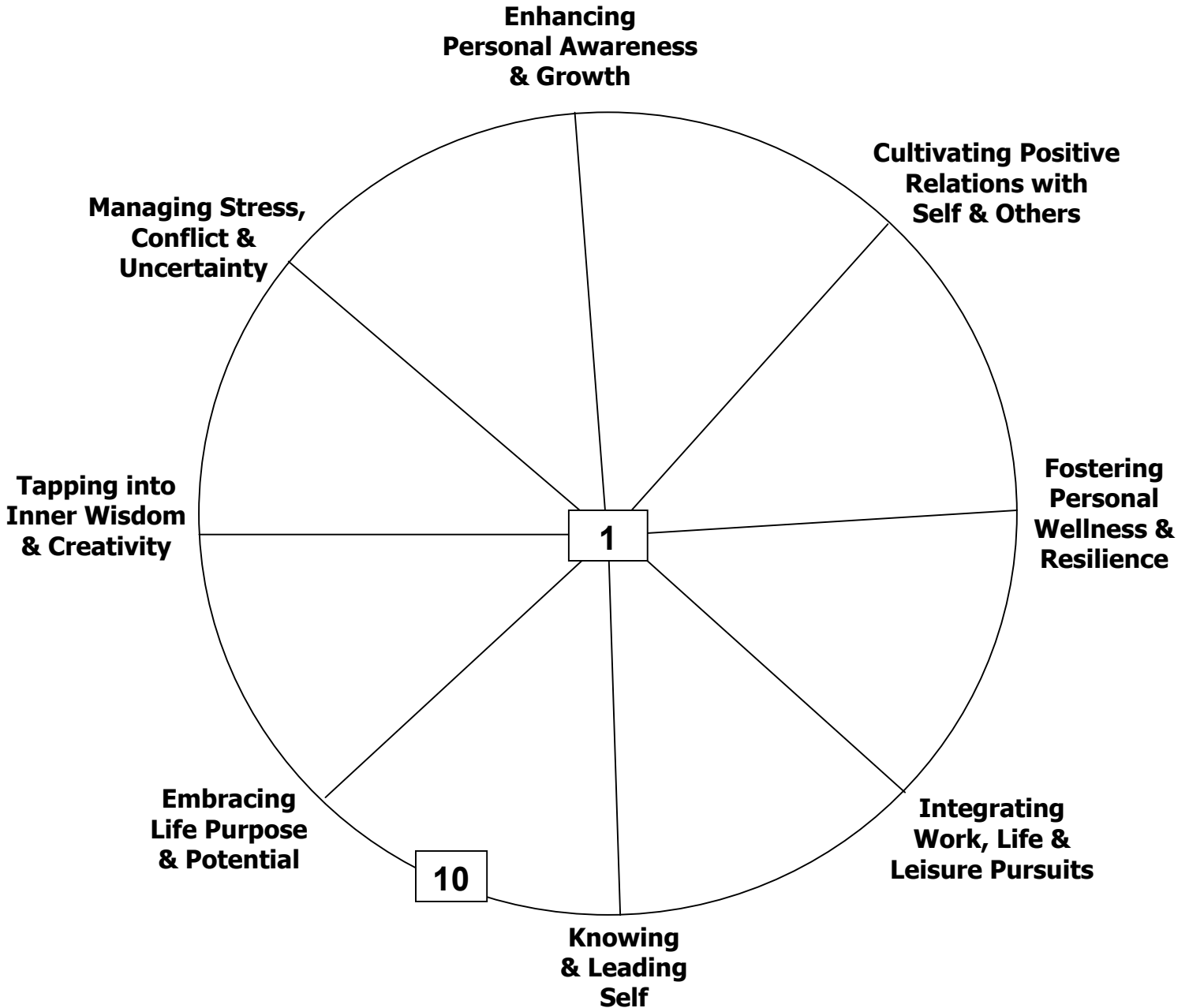
Assessing Your Personal Growth & Potential

Using the following 8 indicators...

Name: _____

Assess yourself *presently* in each of the areas below on a scale of 1-10.

Date: _____



With '10' representing current life areas which are highly developed, please assess yourself in each of the 8 areas using a scale from 1-10. Each rating you assign can inform you about areas for future growth/development; be it to focus on enhancing existing strengths & capabilities and/or to focus on new areas of growth & development - undertaken on your own or with the support of a professional coach like Jeanie Paterson.

Jeanie Paterson ~ www.jeaniepaterson.com