

# Personal Exploration Form



**Coach Joelle Inc.**

**Name:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
Street City State Zip

**Congratulations!** You have taken the first step to living your passionate and powerful life! The fact that you are even taking the time to look at your life and explore what you want to create for yourself says so much about you So, BRAVO!!

**Are you ready to take 5 minutes to dream a little?** Are you are ready to look beyond what has always been, the normal, the usual, and look at what could be possible in your life if you were willing to believe it could be true? Fabulous! Then let's get started!

## Your Life:

**1. How would you rate your life on a scale of 1-10? (1 being, "not so hot" 10 being WOW! Absolutely Brilliant!)**

On a scale of 1-10 my life is \_\_\_\_\_

**2. What words would you use to describe yourself and your life today?**

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**3. If you could create your life any way, what words would you want to describe your life?**

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**4. Please record your level of passion, delight, and joy in each of these areas on a scale of 1-10? (1 being, “not so hot” 10 being “Perfection! Could not be better!”)**

**On a scale of 1-10**

- Meaningful Work Career/ Business \_\_\_\_\_
- Finances and Abundance \_\_\_\_\_
- Health and Energy or Vitality \_\_\_\_\_
- Peace and Grounded-ness \_\_\_\_\_
- Supportive Community Friends and family \_\_\_\_\_
- Love and Romance \_\_\_\_\_
- Learning and Growing \_\_\_\_\_
- Play and Adventure \_\_\_\_\_
- Inspiring Surroundings/ Physical Environment \_\_\_\_\_
- Other \_\_\_\_\_

**Notice** why you chose the numbers for each section. If you said you are a 10, what makes that area a 10 right now? If you are a 3 what is present or what is missing that makes it a 3?

**5. When you think of making a shift, a change or taking on something new in your life what is/are the first 1-3 things that come to mind which you would like to impact?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**6. What difference would it make for your life to impact these 1-3 areas?**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

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**Choose:** pick one area that really inspires you for the remaining questions.

**7. Describe in detail what life would be like if you achieved your goals in this area.** What would life look like? What would that be like for you? What would accomplishing this goal mean to you – give to you? What would you feel like? How would it affect your life/business etc.? Please visualize it and write it below.

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## Potential Obstacles:

**8. What do you feel could stand in the way of you accomplishing this goal?**

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**9. What would you need to give up or overcome to accomplish this goal?**

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**10. Often, when going after something new and inspiring, we can get stopped or confronted by the challenge of what we have taken on. Please indicate what you tend to do when you are stopped or confronted?**

- \_\_\_\_\_ Pretend like everything is fine when it is not
- \_\_\_\_\_ Let the dream/goal disappear and die a quiet death
- \_\_\_\_\_ Come up with reasons (a.k.a. excuses) why it cannot be done
- \_\_\_\_\_ Get confrontational and hostile with your buddy or others supporting you
- \_\_\_\_\_ Seek help
- \_\_\_\_\_ Disappear and hope no one notices
- \_\_\_\_\_ Question why you ever even thought it was a worthy goal
- \_\_\_\_\_ Other \_\_\_\_\_

**11. If you notice that you tend to do any of those above, (other than ask for help) how could you plan ahead of time to prevent yourself from getting stopped or derailed from your goal?**

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**12. What have you found to be the best way for you to powerfully move towards what you want for your life?**

- \_\_\_\_\_ Structured goal setting process
- \_\_\_\_\_ The buddy system
- \_\_\_\_\_ Hiring a coach
- \_\_\_\_\_ Being part of a goal setting program with systems and support
- \_\_\_\_\_ Other \_\_\_\_\_

**13. If you look around your life at what is draining your energy. What are the top 5 things that are nagging at you or putting undue strain on your life?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**14. What action could you take this week to remove or lessen an energy drain that you listed above?**

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Congratulations! Now go take that action and get started on creating the life that you have imagined. I want you to know that if you have been given a vision for your life it is because you can achieve it. You are never given a dream without the ability to fulfill on it...so get out there and create!

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If there is anything I can do to support you on your journey, do not hesitate to call (216 320 9298) or send me an email [joelle@coachjoelle.com](mailto:joelle@coachjoelle.com) and let's set up a time to talk!

Talk with you soon!!

With Love,

*Joelle*