



## Take the YOU Quiz

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## ASSESS YOURSELF

Take this home with you and get a feel of what a coaching session is like.

On a scale of 1-10 (1 being the lowest and 10 being the highest), rate yourself in the following areas:

- \_\_\_\_\_ Health/Well-being
- \_\_\_\_\_ Leisure/Fun
- \_\_\_\_\_ Emotional Health/State of Mind
- \_\_\_\_\_ Love Relationship/Significant Other
- \_\_\_\_\_ Career/Business/Purpose
- \_\_\_\_\_ Family/Friends
- \_\_\_\_\_ Financial
- \_\_\_\_\_ Home/Environment
- \_\_\_\_\_ Spirituality
- \_\_\_\_\_ Personal Growth

Add your score above, 100 is the highest score you can get, where are you? \_\_\_\_\_

If you could wave a magic wand, and have ANYTHING happen over the next 12 months, what would your life look like? The first step to getting the life of your dreams is defining it! If you can't write it down, it won't happen by accident. Think of each of the area from above, what would you change?

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Is there one goal from the list that sticks out more than others? If achieved, what goal might help the other goals fall into place or make them easier to achieve? If not, pick a goal that is most important to you and write it below.

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If you do nothing, what will that area of your life look like 12 months from now? Describe your day, how you act, how you will feel.

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What needs to change? What needs to start happening that currently isn't happening?

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Come up with 10 things that you can start doing or stop doing to achieve your goal?

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What is one small thing you are willing to do TODAY to move the needle towards your goal?

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What will you accomplish this WEEK, MONTH, YEAR?

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How will you hold yourself accountable? Ideas: set an alarm on your phone for the same time each day/week to check in with yourself. Put Post-It Notes on your mirror, frig, etc.

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Who will you tell TODAY about your new goal? Find someone that you will check in with once a week to discuss your progress. Better yet, find an accountability partner to do this exercise with and hold each other accountable.

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**Each week, evaluate what's working & what's not.  
Tweak your goals and move ahead.**

**LETS CHAT!**