

# Clarify. Solve. Propel.

## UNTANGLED COACHING LIFE ASSESSMENT SURVEY

To stay untangled, we need to intentionally allocate time and energy spent on all the most important parts of our lives. What is the status of, and your goals for, these fundamental aspects of life?

- Family/Primary Relationships
- Business/Career—both in your business and on your business
- Faith/Spirituality/Meaning
- Friends
- Fitness
- Finances
- Fun/Restoration—includes sleep, celebration, relaxation, hobbies, activities, etc.

In terms of where you might want to redirect your focus for the next 90 days, what is the highest priority on this list?

Put them all in order 1 through 7—if everything is a priority, then nothing is a priority. Make a choice.

- Family/Primary Relationships
- Business/Career—both in your business and on your business
- Faith/Spirituality/Meaning
- Friends
- Fitness
- Finances
- Fun/Restoration—includes sleep, celebration, relaxation,  
hobbies, activities, etc.

These aren't yet goals for which you'll be kept accountable. This is a quarterly assessment tool to help you focus on what's most important.

# Clarify. Solve. Propel.

a) What is really working well for you right now with your Family/Primary Relationships?

b) What do you need to keep doing to maintain what is already working really well with your Family/Primary Relationships?

c) What about your Family/Primary Relationships wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Family/Primary Relationships? What are your top 1 or 2 or 3 Family/Primary Relationships goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Family/Primary Relationships is on track?

f) How would you currently rate your experience with Family/Primary Relationships on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

# Clarify. Solve. Propel.

a) What is really working well for you right now with your Business/Career?

b) What do you need to keep doing to maintain what is already working really well with your Business/Career?

c) What about your Business/Career wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Business/Career? What are your top 1 or 2 or 3 Business/Career goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Business/Career is on track?

f) How would you currently rate your experience with Business/Career on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

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# Clarify. Solve. Propel.

a) What is really working well for you right now with your Faith/Spirituality/Meaning?

b) What do you need to keep doing to maintain what is already working really well with your Faith/Spirituality/Meaning?

c) What about your Faith/Spirituality/Meaning wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Faith/Spirituality/Meaning? What are your top 1 or 2 or 3 Faith/Spirituality/Meaning goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Faith/ Spirituality/ Meaning is on track?

f) How would you currently rate your experience with Faith/Spirituality/Meaning on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

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# Clarify. Solve. Propel.

a) What is really working well for you right now with your Friends?

b) What do you need to keep doing to maintain what is already working really well with your Friends?

c) What about your Friends wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Friends? What are your top 1 or 2 or 3 Friends goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Friends is on track?

f) How would you currently rate your experience with Friends on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

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# Clarify. Solve. Propel.

a) What is really working well for you right now with your Fitness?

b) What do you need to keep doing to maintain what is already working really well with your Fitness?

c) What about your Fitness wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Fitness? What are your top 1 or 2 or 3 Fitness goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Fitness is on track?

f) How would you currently rate your experience with Fitness on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

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# Clarify. Solve. Propel.

a) What is really working well for you right now with your Finances?

b) What do you need to keep doing to maintain what is already working really well with your Finances?

c) What about your Finances wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Finances? What are your top 1 or 2 or 3 Finances goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Finances is on track?

f) How would you currently rate your experience with Finances on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10

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# Clarify. Solve. Propel.

a) What is really working well for you right now with your Fun/Restoration?

b) What do you need to keep doing to maintain what is already working really well with your Fun/Restoration?

c) What about your Fun/Restoration wastes your time, frustrates you, or saps your energy?

d) What do you wish was different or better about your experience with your Fun/Restoration? What are your top 1 or 2 or 3 Fun/Restoration goals, and what is missing to get you there from where you are right now?

e) What is a KPI you can measure to make sure your experience with Fun/Restoration is on track?

f) How would you currently rate your experience with Fun/Restoration on a scale of 0 to 10?

1 2 3 4 5 6 7 8 9 10