# A Snapshot of You: Tell me about yourself

|  |  |
| --- | --- |
| Your work: |  |
| Your career goals: |  |
| Your work-related successes: |  |
| Your family/personal life: |  |
| Your interests and hobbies: |  |
| Your work/life challenges: |  |
| How do you learn best: |  |
| What brings a smile to your face: |  |
| If someone who knew you intimately were to describe you, what three words might they use: |  |
| What one to three things are you most tolerating or putting up with in your life: |  |
| If you could have more of ONE thing in your life right now, what would it be: |  |

# Self-Awareness: Tell me about yourself

|  |  |
| --- | --- |
| Your strengths: |  |
| Your developmental areas: |  |
| Your current development goals: |  |

# Your Life Balance Profile

Please rate your level of satisfaction from 1 to 10 (10 being the highest level) in the following areas:

|  |  |  |
| --- | --- | --- |
|  | Rating (1 to 10) | Comments |
| 1. Personal growth/development
 |  |  |
| 1. Health/fitness
 |  |  |
| 1. Spirituality/faith
 |  |  |
| 1. Career
 |  |  |
| 1. Friends/family
 |  |  |
| 1. Finances
 |  |  |
| 1. Fun/recreation
 |  |  |
| 1. Community/volunteer
 |  |  |
| 1. Personal “You” time
 |  |  |