



Life Inspired Inc

Self Assessment



Discover the Life Coach Career Path that is
right for your inspired life

WELCOME

Are you ready to start your coaching journey? Are you unsure, hesitant, worried that you don't know where to start or IF you are even good enough to be a life coach? You can do it! I know you can because:

If your heart is drawn toward life coaching as a career or as a tool to become a better leader, manager, parent or business owner, then you already have the main character trait needed to be an exceptional coach: A desire to be your best so you can help others achieve their best



This assessment is formatted much like a one on one coaching session. It's designed to help you uncover your unique YOU; the mindset, experience, skills and passions that will lay the groundwork for a coaching career set apart from average. Because you aren't average. You have something unique to share with the world. No one else has your history, your education, your experiences or your drive in quite the same way as you.

Using the information you discover, you'll be better equipped to decide what kind of coaching niche is right for you and you'll know which coaching certification programs will best help you reach your goals. You aren't alone! I'm here to support, encourage and cheer you on as you ignite your inspired life!

Susan Scott. AACC

Advanced Accredited Christian Coach



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CONVERTS



You don't have to tell anyone what you write in this first section. This is just a brain dump, a chance to get everything out of your head and dream about possibilities. No one is going to hold you to them, I promise. They don't have to be reasonable, practical, or even do-able. Consider it a rough draft or a brainstorming session. Most of what you write here may be tossed out. But maybe, just maybe, if you let yourself believe for just moment that you can be whatever your heart most wants to be, you'll give your soul permission to speak. What comes out might surprise you!

Think about not only what you want to do and have in your life, but about who you want to be. How do you want to show up for yourself and for others?

Who do I want to BE?

Coaching Questions

What do you know already about what you were meant to do? If you can't think of anything, what would you guess? Who else could you ask? What would they say?

What I most want to be known for:

How I want to feel on a regular basis:

OVERCOMER



You've been through some really hard stuff. Sometimes it feels like you were meant for failure. Life is overwhelming and there have been times when you feel like you're just going through the motions with no potential or hope for the future to be any different than the past.

What if we looked at your life from a fresh perspective? After all, a big part of life coaching is helping others reframe their perspective about what is happening. Let's do the same for you.

Start by unloading all the junk. Let it out, but resolve not to dwell on it. Again, no one else has to see this or know about it. You are safe to write whatever you want, whatever you feel, whatever stands out to you, right now, in this moment.

Coaching Questions

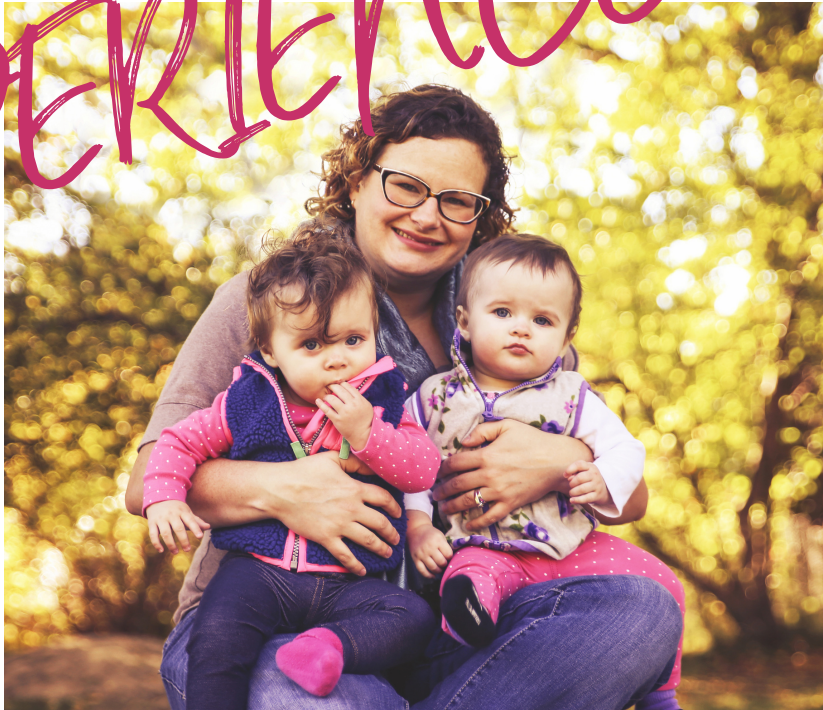
Consider the possibility that the past is just what you needed to prepare you for your future. What are you meant to do?

There are people going through what you have already overcome. Who are they, and how can you help?

Based on your experience, what do they need to know?

What kind of people do you not want in your life?

EXPERIENCE



What have you experienced in your life? What is your training, your skills, your hobbies, your adventures, your education (and it doesn't have to be from a college!)?

There are things you do know how to do and because they are so familiar and easy for you, it's hard to imagine other people would need what you know.

Go ahead, brag on yourself a little. Think back over your history. What have you learned? Maybe it's as small as being a great organizer of diapers. Maybe it's as big as having a PhD in astrophysics.

Coaching Questions

What have your experiences equipped you to do?

What are you most proud of?

I want to do more of this in my life:

I want less of this:



Strength, weaknesses and passions. It's all important when assessing what we are created to do. However! Just because you have a strength in some area does not mean you have to make it part of your future. List what your strengths and passions are, then we'll clarify which ones bring you joy and fulfillment.

Are you good at entertaining? Maybe you shine at leading and planning. Are you detail orientated, noticing the potential obstacles that others don't see? Maybe you are the one person in the room who notices when someone is hurting or sad. That's a strength! Even if you don't feel you are good at something, you may be passionate about it. List those too. Lastly, let's be honest and list the areas where you struggle.

What I'm Good at, What I love,
Where I'm less than great

Coaching Questions

What are the strengths that bring you joy?

If you only had one year to live, what would you most want to accomplish?

What energizes you?

What weakness could potentially impact your coaching practice?

POTENTIAL



Putting it all together

Where do you go from here? You've got a sense of who you want to be, who you can help and how. You've identified your unique strengths and passions, the things you want in your life and the things you don't want as well as the potential obstacles.

Let's create a summary and then take a look at the possibilities! You started out by writing a brainstorming page of who you want to be. Taking that and all your new insights into consideration, write a summary of what your ideal life as a life coach would look like.

What type of coach should you be?

One of the most exciting aspects of being a life coach is there are so many opportunities for you to be uniquely you and do the type of coaching you are most passionate about. The generic "life coach" is far too broad a niche to attract the people you most want to help. A specific niche and well defined target audience are key to setting yourself apart as the go-to expert in your field. It is tempting to want to be available to help anyone. It seems natural to want to attract as many potential clients as possible. The reality is, if you don't specialize and let people know how you can meet their specific needs, you won't attract anyone.

You've done the work to identify your uniqueness.

Where can you shine as a life coach?

Do you want to work as a consultant, coaching employees? Do you want to work from wherever you can take your laptop and phone? Do you want to set up group coaching to help people in recovery, or moms with small children?

Perhaps you want to be extremely specific and do spiritual life coaching, or accountability coaching for women in career transition. Go to this link for those and many more ideas. From there you can see the types of training available to meet your specific goals.



<https://lifeinspiredinc.com/how-to-become-a-life-coach/>