

# Ready to Evolve Coaching

## REALITY CHECK

TAKE A TOUGH LOVE LOOK AT YOURSELF WITH RESPECT TO YOUR CHOSEN GOAL. IT'S IMPORTANT TO CONSIDER WHAT YOU KNOW ABOUT YOURSELF, BOTH THE GOOD AND THE BAD, IN ORDER TO MAXIMIZE YOUR SUCCESS. BE BRUTALLY HONEST HERE AND FOR GOODNESS SAKE, DON'T TAKE IT SO PERSONALLY!

1

### WHAT ARE MY STRENGTHS?

WHAT AM I REALLY, REALLY GOOD AT WITH RESPECT TO MY GOAL?  
HOW CAN I USE THAT TO MY ADVANTAGE?

2

### WHAT ARE MY WEAKNESSES?

WHAT DO I KNOW ABOUT MYSELF THAT THREATENS MY SUCCESS?  
HOW CAN I MINIMIZE THE IMPACT OF THESE TRAITS?

3

### WHAT ARE MY NEEDS?

WHAT DO I NEED TO BE MY BEST? HOW WELL ARE THESE NEEDS CURRENTLY BEING MET? HOW CAN THEY INTERFERE WITH MY SUCCESS?

4

### HOW DO I DETERMINE MY PRIORITIES?

WHAT PROCESS DO I ROUTINELY FOLLOW TO DETERMINE WHAT'S MOST IMPORTANT TO ME? HOW IS THAT PROCESS WORKING?

5

### HOW DO I MANAGE MY TIME?

WHAT SYSTEMS DO I HAVE IN PLACE TO HELP ME EFFECTIVELY AND EFFICIENTLY NAVIGATE THROUGH A DAY, WEEK, OR YEAR? WHAT DO I WISH COULD BE BETTER?