



Allison Fisher
CHANGE COACH
in Life & Career



Where Do I Begin?

A Self-Assessment For Women
Who Are Ready For Change

QUESTIONNAIRE

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Hello there!

Thank you very much for sharing your email.

At various times in our lives, we all go through change, sometimes through choice, other times without a choice. As a result, we might find ourselves questioning where we are in life, unsure of our purpose or direction, feeling unfulfilled or simply confused.

At these times, I often find clients asking themselves:

1. Should they listen to friends and family?
2. Wondering if they are being silly and should just get on with it.
3. Should they get external help and support to work through some things?

This questionnaire is a bit like a stock take for yourself of where you are right now.

Warmly,

Allison

How happy are you with your life?

On a scale of 1 to 5, with 1 being “Strongly Disagree”, 3 being “Neutral” and 5 being “Strongly Agree”, rate your responses to the following questions:

	1	2	3	4	5
In most ways, my life is close to my ideal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
So far, I have achieved the most important things I want in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If I could live my life over, I wouldn't want to change much at all	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My finances are in good shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm physically fit and healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel a sense of emotional and spiritual well-being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make sure I regularly take time out for rest and relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I manage work-life balance issues well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, I'm happy with the relationships within my family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, I'm happy with my relationships with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a well-developed social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have hobbies and interests that stimulate me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make a point of always learning new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I make use of my talents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm happy in my career	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a sense of ownership and pride in my job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel respected and appreciated at work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overall, I'm happy with my relationships with my colleagues	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have action plans for both my career path and life in general	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Add up your scores and see over page for results.

Your Results:

Score mostly 1s and 2s?

You're pretty unhappy, right? Coaching will definitely allow you to re-evaluate your life from every angle and create a clear action-plan for a fulfilling future.

Score mostly 2s to 3s?

You're probably suffering from some niggling dissatisfactions. Life isn't too bad, but you're not leaping out of bed every morning with joy, either. Coaching can help you clarify your direction and get more out of life.

Score mostly 3s and 4s?

Life's pretty upbeat. Most of your friends think you're happy enough. Nonetheless, you could definitely benefit from re-prioritising aspects of your life and setting new goals to maximise your happiness.

Score mostly 4s and 5s?

Congratulations! Your life is in great shape! Keep doing what you're doing, but if you need a professional, supportive sounding board to keep you on track to your goals, call me!

If you would like to discuss your situation, then email me at allison@allisonfisher.co.nz or [click here](#) to book a free 15-minute discovery session.

Quick easy fixes:

- If you have a decision to make, write it all down, all of it
- Write down all your thoughts about your current situation – what do you notice?
- To feel uplifted, find websites that deliver inspiring quotes every day to your inbox
- Create a unique playlist of uplifting music made to last a lifetime that you can add to
- Move your body and get outside in nature
- Have one thing in your morning routine that uplifts you and one thing in your evening ritual that relaxes you
- Make a dream board. On a large piece of paper or cardboard, glue or pin from magazines or elsewhere all the things that interest you and what you dream about having in your life
- Take one step in the direction you want to go – one tiny step

Where do I begin?

Here are some questions for you to dig a little deeper. Please don't criticise yourself when you find the answers aren't to your liking. Most of us can say yes to many of these questions; the check is, is it affecting your happiness? This is about gathering information, and then you can do something about it if you choose.

Tick the questions below that are true for you.

DO YOU THINK YOU:

- Worry too much?
- Have a strong inner critic?
- Procrastinate a lot?
- Are a perfectionist, which stops you from feeling satisfied with what you do?
- Struggle to put yourself first to your own detriment?
- Struggle to say no to things you don't want to do? e.g. a movie or party?
- Struggle to speak up and express your views?
- Try to please everyone.
- Create stories in your head about what people think of you?
- Could improve your self-belief?
- Could be kinder to yourself?

Now consider from your answers above, which item, if you could change, learn new skills or develop your knowledge would make the biggest difference to your life?

So, I hope you have some useful answers!

Please make sure you are being kind to yourself – it's genuinely okay that some of your answers are not where you want to be right now.

If you would like some help and support, I work with people in times of career or life change who would like:

- To gain clarity and direction
- To make decisions or choices
- Find purpose and meaning
- To know how to get motivated
- To build confidence and self-belief & much more.

In essence to live your best life. E-mail me at allison@allisonfisher.co.nz and let me know what you need.

You can also join me on [Facebook](#) &/or [subscribe](#) to my fortnightly short but sweet newsletter.

Take care

Allison