

## HOW I AM AND HOW I WANT TO BE

Are you ready to join our New Perception Programme?

Please read each statement and record your level of agreement on the scale 1-4, where  
1 = Strongly Disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree.

**Print off this sheet and  
SCORE YOURSELF**

	1	2	3	4
I have identified that things are not as I desire and I want to change.				
I have identified future goals and need to plan ahead.				
I am motivated to change.				
I value having a clear plan into the future.				
I am keen to engage with a Coach who can help me achieve this.				
I consider paying for this service to be an investment in my future.				
I am seeking an ongoing coaching relationship, for sessions from time to time.				
I will require reviews of my plan.				
I expect to challenge and re-assess my goals.				
I expect to be challenged by my Coach.				

<p>Our experience suggests:  <i>If you score between 10-20 our services may be of little benefit to you.</i>  <i>If you score between 21-30 our services are very likely to benefit you.</i>  <i>If you score 31 and over our services are ideally suited to you.</i></p>	<p><b>YOUR SCORE</b></p> <p style="font-size: 2em; margin-top: 20px;">/40</p>
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