

Living on Purpose Coaching Inventory

Please answer the following questions to the best of your ability. There is no right or wrong answers. This is an intense Inventory, you might find you cannot answer all the questions. That is ok. This is why you might need a coach.

1) Background: (Personal history that is unique to you)

- a) Describe your family history and relationships.
- b) What ethnicity are you most closely associated with?
- c) Is there a reoccurring theme you see happening in you which is prevalent with your parents and/or previous generations?
- d) What strengths (heritage) come from your family background?
- e) What did you want to be when you grew up (as a child)?

2) Education: (Schooling, training, special programs, etc.)

- a) Describe your educational background?
- b) What did you like best about your education experience?
- c) What did you like least about your educational experience?
- d) Describe the ways you like to learn?
- e) In what ways do you think education is important to fulfilling your destiny?

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- 3) Talents (Those things that come naturally to you)
- a) What comes naturally or is easy for you to do?
 - b) What do people ask you to do for them when they need help?
 - c) Has anyone every told you, “you have a natural talent for _____?”
 - d) What talents do you enjoy using?
 - e) Is there a talent that you are not using? Please explain.
 - f) Summarize your talents in a short phrase
 - i)
 - ii)
 - iii)
- 4) **Skills** (the things you have learned to do)
- a) What skills do you use at work, at home?
 - b) What skills have you developed or have been trained to do?
 - c) What skills do you enjoy using?
 - d) What skills do you have that you that you are not using that you would like to use?

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e) Summarize your Skills in a short phrase.

i)

ii)

iii)

iv)

5) **Character** (internal poise, values, beliefs)

a) Identify your character strengths and where you exhibit them.

b) Identify your character weaknesses and when they are exhibited?

c) What area of your character do you think needs development to enable you to go to the next level in your life?

d) Summarize your character strengths in a short phrase.

i)

ii)

iii)

iv)

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6) **Calling** (what do think you are supposed to do with your life?)

- a) What area in our society do you think needs changing the most?
- b) What do you want to fix?
- c) If you could change anything and you had unlimited resources, what would it be?
- d) To the best of your ability, describe personal calling on your life?
- e) In what ways have you endeavored to fulfill your calling?
- f) Are there areas that you feel you need to invest more energy and time?
- g) Are there any common themes in these items above?
 - i)
 - ii)
 - iii)
 - iv)



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7) **Passion** (What do you like to do?)

a) List 3-4 accomplishments that you were proud of when you were 18 years or younger?

- i)
- ii)
- iii)
- iv)

b) List 3-4 accomplishments that you were proud of and enjoyed doing when you were 18-25 years?

- i)
- ii)
- iii)
- iv)

c) List 3-4 accomplishments that you were proud of and enjoyed doing in the workplace?

- i)
- ii)
- iii)
- iv)

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d) List 3-4 accomplishments that you were proud of and enjoyed doing in related to your personal life?

- i)
- ii)
- iii)
- iv)

e) Read the last four questions about your accomplishments, can you identify any common themes?

- i)
- ii)
- iii)
- iv)

f) Can you identify those things that you are passionate about doing in life?

- i)
- ii)
- iii)
- iv)

g) How important is it for you reclaim or improve your level of passion in life?

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8) Needs (things you need that could be emotional, mental, physical, financial, spiritual)

- a) What needs do you want to help people with?
- b) What are your family's greatest needs right now?
- c) What are the greatest needs you are facing right now?
- d) What would you say is the greatest need that influences your actions and relationships?

9) Dreams (things you dream about doing, desires, inner longings)

- a) If you had all the resources you needed, what would you want to accomplish before you die?
- b) If you could help anyone in the world without limit, whom would you want to help the most?
- c) How would want to help them?
- d) Who would you want to work with to get the work done?

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10) Spiritual Experiences

- a) Have you had any significant spiritual dream(s)? Please explain?
- b) Have you had any spiritual events in your life that impacted your life significantly?
- c) Have you ever failed something in your life in a significant way? What was the outcome and did you learn anything from it?

11) Obstacles (these are things that stop you – they could be internal or external constraints)

- a) What things stand in the way of you achieving your goals in life?
- b) Can you identify your external road blocks keeping you from your goals?
- c) Can you identify your internal road blocks (fear, wrong thinking, insecurity, etc) keeping you from your goals?
- d) Can you identify a self-sabotaging mechanism that you engage in those thwarts your efforts going forward? Please explain and try to figure how you developed the pattern or mechanism?
- e) What do you need most to be able to succeed, go to the next level, or achieve your goal?

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12) Coaching Questions

- a) Have you ever taken a personality inventory? What is your personality type?
- b) In what ways have you used this knowledge to your advantage?
- c) How important is it to you that you fulfill your life dream for your life?
- d) In what ways are you working towards that goal?
- e) In what ways do you think you need help to get there?
- f) What will happen if you don't accomplish your goals or dream in life?
- g) What are the costs associated with completing your goals?
- h) Take a look at your responses to the questions. Are there any themes that emerge? Have a friend or family member review your answers and ask them if they see any common themes.
- i) If you were able to get through this survey, what did you learn about yourself by taking this survey?



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If you found this exercise helpful and would like to:

- learn more about your purpose
- leverage your signature strengths
- improve your relationships
- develop plans that empower you to fulfill your goals
- learn how to find the right job that maximizes your abilities, or
- just simply want to learn more about who you are

Take a moment to contact us at contactus@coaching4impact.com. We will help you explore your opportunities and provide coaching so you can make a difference in your life, family and career.

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