



ESTD

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THE SELF COACHING

by Sophie

Life Evaluation Exercise

Use the following tiles to evaluate your life.
Score your current status from 1 (worst) to 10 (best).

All score under 9 and 10 requires a deeper understanding and work on growing them to the desired level.

When you score your social status, please distinguish primary and secondary connections (ie: partner, parents, friends)

Challenge your mind on the
WHO | WHY | HOW

~ With love, Sophie

Emotional



Physical



Environmental



Financial



Social



Mental



Health



Career



Educational

