Evaluate. Analyse. Act.

Take all the time you need and answer honestly.

1. OVERALL EVALUATION
Please rate each of the following areas on a scale from 1 to 10 ($1 = \text{very dissatisfied}$, $10 = \text{fully satisfied}$).
Career/Professional development
Money/Finances
Health/Fitness
Relationships (family, friends, partners, colleagues)
Interests/Passions
Spirituality/Values/Meaning
2. PROBLEM, RISKS, OPPORTUNITIES
Choose the area where you scored the lowest or the one you want to focus on. What's the issue? How does it impact your life on a practical, emotional, financial level, etc.?
Choose the area where you scored the lowest or the one you want to focus on.
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If you haven't done anything or haven't done enough: why? What benefits did you get from yo behavior? (E.g., "I didn't have to risk failure").	ur
What benefits would you gain by fully playing your cards? How would your life change?	
By working on this area, which other areas of your life would also improve? Why?	

3. NEXT STEPS

What could be your next step to improve this area of your life? What could you try? What else? What could you stop doing?
If you decided to work with me, what would be particularly helpful for you? ☐ Impartial perspective: receiving feedback and insights from an unbiased, external point of view. ☐ Clarity of objectives: gaining support to better define what you truly want. ☐ Personalised planning: creating a concrete action plan tailored to your specific needs. ☐ Accountability: having someone to keep you focused and on track with your commitments. ☐ Overcoming limiting beliefs: identifying mental blocks or fears that may be holding you back.
 □ Overcoming infining benefit. Identifying mental blocks of reals that may be nothing you back. □ Accelerating results: saving time by avoiding common mistakes and taking effective actions. □ Emotional support: feeling guided and supported throughout your process of change. □ Expansion of possibilities: discovering solutions or opportunities you hadn't considered before. □ Other:

What doub	ts or concerns de	o you have a	bout workir	ng with me?		
Identify at	least three reaso	ns why those	e doubts mi	ght be unfou	ınded.	

Are you ready to talk it over with me? If so, drop me an email at daniel@danielpanizza.com.