Please fill in the quadrant with information about yourself using the guidelines below. A blank quadrant is attached for your convenience.

|  |  |
| --- | --- |
| ***I am good at…**** List your strengths, abilities and talents.
 | ***I need to improve…**** There may be things that you are good at, but you know you need to take to a higher level.
 |
| ***My dreams and goals…**** Luke 2:52
* There might be personal, professional, financial, etc. We believe these are critical. Your dreams and goals are the “fuel” that keep you going and make you do the hard things.
 | ***What’s stopping me…**** Identify the circumstances and conditions that are slowing you down, holding you back, or are roadblocks to achieving your potential.
* When you have the time to think through and list the previous items, please answer the following questions, in a single sentence or two:
	+ The reason I would be a good candidate for coaching now?
	+ How would my coach help me best?
 |
| ***I am good at…*** | ***I need to improve…*** |
| ***My dreams and goals…*** | ***What’s stopping me…*** |