



"Mind the gap" is a warning to train passengers to take caution while crossing the gap between the train door and the station platform. It was introduced in 1969 on the London Underground. The phrase is also associated with t-shirts that Transport for London sells featuring the phrase printed over a London Transport symbol.

In life coaching, "mind the gap" is a reference to the gap that exists between where you are and where you want to be. With that in mind there is an exercise that we always start with in order to find out where we should begin in the life coaching process.

Life Calling/Satisfaction Assessment

How satisfied are you with different parts of your life? Place a number from 1 to 10 next to each item, 1 meaning "I believe this is a terrible reflection of God's call upon my life" and 10 meaning "I believe this is a beautiful reflection of God's call upon my life". Your overall satisfaction will change from day to day but try to give an overall assessment of where you are at present living out God's call in your life in these key areas. Skip any items that do not apply to you. Just fill out the left-hand column for now.

	NOW	GOAL	GAP
Physical Health	_____	_____	_____
Mental/Emotional Health	_____	_____	_____
Career/Employment Satisfaction	_____	_____	_____
Financial Stability	_____	_____	_____
Marriage/Romantic Relationships	_____	_____	_____
Home Life (Immediate Family – Family Cohesion)	_____	_____	_____
Extended Family (Relatives, In-Laws)	_____	_____	_____
Friends/Social Life	_____	_____	_____
Fun and Recreation/Relaxation/Hobbies	_____	_____	_____
Lifestyle (Degree of Busyness)	_____	_____	_____
Personal Life Fulfillment	_____	_____	_____
Personal Spiritual Life and Growth	_____	_____	_____
Church/Religious Life	_____	_____	_____
Current Ministry	_____	_____	_____
Physical Environment (Housing, Location, Cars, etc.)	_____	_____	_____
Personal Order (Organization, Efficiency, Simplicity)	_____	_____	_____

(Please Turn Over)

	NOW	GOAL	GAP
Relationship with Child _____	_____	_____	_____
(List each Separately) _____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When the left column is completed, please complete the form using the middle column and indicating **where you would like to be** if things could be ideal.

Finally, subtract column one from column two in the third column to indicate the gap between where you are at present and where you would like to be. What areas have the largest gaps? These may be areas where coaching can be beneficial.