



"Mind the gap" is a warning to train passengers to be careful while crossing the gap between the train door and the station platform.

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, this exercise helps to find out where we should begin in the life coaching relationship.

Life Calling/Satisfaction Assessment

How satisfied are you with different parts of your life? In the first column under **NOW**, place a number from 1 to 10 next to each item, with 1 meaning great dissatisfaction and 10 meaning great satisfaction with that area. Your overall satisfaction will change from day to day but try to give an overall assessment of where you are at present 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
PERSONAL			
Self Care	_____	_____	_____
Physical Health	_____	_____	_____
Personal Spiritual Life and Growth	_____	_____	_____
Fun and Recreation/Relaxation/Hobbies	_____	_____	_____
Lifestyle (Degree of Busyness)	_____	_____	_____
Physical Environment (Housing, Location, Cars, etc.)	_____	_____	_____
 SOCIAL			
Home Life (Immediate Family – Family Cohesion)	_____	_____	_____
Extended Family (Relatives, In-Laws)	_____	_____	_____
Marriage/ Romantic Relationships	_____	_____	_____
Friends/ Social Life	_____	_____	_____
Relationship with Child	_____	_____	_____
(List each Separately)	_____	_____	_____
	_____	_____	_____
	_____	_____	_____

(Please Turn Over)

PROFESSIONAL	NOW	GOAL	GAP
Career/Employment Satisfaction	_____	_____	_____
Current Ministry	_____	_____	_____
Personal Order (Organization, Efficiency, Simplicity)	_____	_____	_____
Financial Stability	_____	_____	_____
Church/ Religious Life	_____	_____	_____

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

Finally, subtract column one from column two in the third column (**GAP**) 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.

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