



Welcome to **YELLOWRHINO**

Grab a cuppa and complete this assessment to see how you can make the best use of our resources

What do you feel you need support with in your life right now?

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Intial thoughts: Which areas in your life needs more TLC?

Being kinder to myself		Improving general confidence	
Being more body positive		Learning to prioritise	
My relationships		Making friendships	
My appearance		My work/Life balance	
Physical wellbeing		Mental wellbeing	
Keeping mentally active		Improving people skills	

Other:

.....

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Part 1: Current Life Snapshot

Rate your satisfaction (1-10) in these areas:

Low (1) ←-----→ High (10)

Work & Career

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Social Life & Relationships

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Personal Growth & Learning

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Hobbies & Interests

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Life Balance

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Let's Dive In!

Part 2: Current Challenges

Check any that apply to you:

- ☐ Feeling stuck in a routine
- ☐ Lacking social connections
- ☐ Work-life balance struggles
- ☐ Need for new interests/hobbies
- ☐ Seeking more purpose
- ☐ Going through life transition
- ☐ Wanting more adventure
- ☐ Feeling isolated
- ☐ Lacking motivation
- ☐ Other: _____

Part 3: Looking Forward

What changes would most improve your life? (tick top 3)

- ☐ More social connections
- ☐ New hobbies/interests
- ☐ Better work-life balance
- ☐ More adventure/travel
- ☐ Clearer sense of purpose
- ☐ Different lifestyle
- ☐ New skills
- ☐ Better daily routine
- ☐ More meaningful work
- ☐ Other: _____

How ready do you feel to make changes?

- ☐ Very ready - let's start now
- ☐ Ready but nervous



- ☐ Interested but unsure
- ☐ Just exploring options
- ☐ Other: _____

Part 4: Quick Reflection

1. What's one thing you'd love to try or learn?

2. What's holding you back?

3. What kind of support would help most?

Part 5: Lifestyle Design

Would you be interested in exploring any of these? (tick all that apply)

- ☐ Remote work possibilities
- ☐ Travel adventures
- ☐ Alternative lifestyle options
- ☐ Location independence
- ☐ New community building
- ☐ Cultural experiences
- ☐ Minimalist living
- ☐ Digital nomad life
- ☐ None of these currently

Part 6: Next Steps

What would you like to focus on first? (Choose one)

- ☐ Building new social connections
- ☐ Developing new hobbies
- ☐ Improving work-life balance
- ☐ Exploring lifestyle changes
- ☐ Creating better routines
- ☐ Other: _____

Time Available for Changes:

- ☐ 1-2 hours per week
- ☐ 3-5 hours per week
- ☐ 6+ hours per week
- ☐ Uncertain at this time

Notes or additional thoughts:



“Life isn't about finding yourself.
Life is about creating yourself.”
– **George Bernard Shaw**

Thank you for completing this assessment.

We'll review this together in our first session to create your personalized coaching plan. If you aren't ready, you can keep this document to refer to and contact us in your own time.

Please email completed document as a word document or scanned images to
yellowrhinoltd@gmail.com

*Well done! You have
taken the first step.*