

# Life Path Assessment

Assessment for: \_\_\_\_\_

For a in-depth coaching session and/or program to assist you in understanding your Assessment findings, and develop a follow-up action plan, please contact:

Ellia Communications, Inc  
P.O. Box 302, Wilton, CT 06897 (203) 834-9933

■ **Kathy Caprino, MA**

[email: kathy@elliacommunications.com](mailto:kathy@elliacommunications.com) [www.elliacommunications.com](http://www.elliacommunications.com)

© 2014, Kathy Caprino - All rights reserved - [www.elliacommunications.com](http://www.elliacommunications.com)



## The First Step: Assessing Your Situation

The first step in evaluating your current life path is to review your situation as clearly and honestly as possible, from your own set of standards and measures. It's time to begin to forge a deeper, more accepting relationship with yourself, and to use your own thoughts and experiences as your highest authority. For the moment, forget what all others have said that you should feel, do, and believe.

A perfect place to start is to conduct the following assessment. Take this as many times as possible in the weeks and months ahead, and watch as your answers change over time.

Find a quiet, comfortable, and private place that is all your own. Turn off the cell phone and turn down the answering machine, close the door, and let yourself focus just on you.

Below are several questions for you to ponder and answer as deeply and honestly as you can:

### 1 Future You

a Ask yourself, ***"When I am 90 years old looking back on my life, what do I want to say that I've done with my life?"***

Please flesh out your answers as concretely, specifically, and in as much detail as you can. What accomplishments do you want to have made? What legacy do you wish to leave? What do you want to be known for? What do you want to have given and stood for?

(Please do not limit yourself...brag, boast, and applaud yourself here).

---



## 2 Current View

On a scale of 1 to 10 (where 1 means “Very Far Away” and 10 means “Very Close”), please answer the following questions. (Please avoid “5s” as these leave you completely on the fence.)

a In reviewing what you've written above, how close is your life right now to the way you want it to be?

Very Far Away											Very Close
1	2	3	4	5	6	7	8	9	10		

b How close are you to living a life of purpose and meaning?

Very Far Away											Very Close
1	2	3	4	5	6	7	8	9	10		

c How close are you to living a life that you are proud of?

Very Far Away											Very Close
1	2	3	4	5	6	7	8	9	10		

d What would you need to do differently to answer these questions with a “10”?

---



## 3 Professional Vs. Personal Life

- a In thinking about how you feel about and directly experience your professional and personal life today, please give a ranking of how often you experience each emotion from the scale below.

(Please circle the number that best reflects where you are today. 1 = Almost Never; 5 = Almost Always)

List A	IN PROFESSIONAL LIFE					IN PERSONAL LIFE				
	Almost Never				Almost Always	Almost Never				Almost Always
Joy	1	2	3	4	5	1	2	3	4	5
Passion	1	2	3	4	5	1	2	3	4	5
Love	1	2	3	4	5	1	2	3	4	5
Appreciation	1	2	3	4	5	1	2	3	4	5
Empowerment	1	2	3	4	5	1	2	3	4	5
Freedom	1	2	3	4	5	1	2	3	4	5
Enthusiasm	1	2	3	4	5	1	2	3	4	5
Hope	1	2	3	4	5	1	2	3	4	5
Contentment	1	2	3	4	5	1	2	3	4	5
Respect	1	2	3	4	5	1	2	3	4	5
Optimism	1	2	3	4	5	1	2	3	4	5
Peace of Mind	1	2	3	4	5	1	2	3	4	5
Encouragement	1	2	3	4	5	1	2	3	4	5
Recognition	1	2	3	4	5	1	2	3	4	5
Eagerness	1	2	3	4	5	1	2	3	4	5
Knowledge	1	2	3	4	5	1	2	3	4	5
Expertise	1	2	3	4	5	1	2	3	4	5

■ Kathy Caprino, MA

List B	IN PROFESSIONAL LIFE					IN PERSONAL LIFE				
	Almost Never				Almost Always	Almost Never				Almost Always
Boredom	1	2	3	4	5	1	2	3	4	5
Pessimism	1	2	3	4	5	1	2	3	4	5
Frustration	1	2	3	4	5	1	2	3	4	5
Overwhelm	1	2	3	4	5	1	2	3	4	5
Disappointment	1	2	3	4	5	1	2	3	4	5
Doubt	1	2	3	4	5	1	2	3	4	5
Worry	1	2	3	4	5	1	2	3	4	5
Blame	1	2	3	4	5	1	2	3	4	5
Discouragement	1	2	3	4	5	1	2	3	4	5
Anger	1	2	3	4	5	1	2	3	4	5
Revenge	1	2	3	4	5	1	2	3	4	5
Rage	1	2	3	4	5	1	2	3	4	5
Jealousy	1	2	3	4	5	1	2	3	4	5
Insecurity	1	2	3	4	5	1	2	3	4	5
Guilt	1	2	3	4	5	1	2	3	4	5
Fear	1	2	3	4	5	1	2	3	4	5
Hopelessness	1	2	3	4	5	1	2	3	4	5
Incompetence	1	2	3	4	5	1	2	3	4	5
Sadness	1	2	3	4	5	1	2	3	4	5

- b In reviewing your answers above, where are there significant differences between your personal and professional life? Where are they mismatched (where are there a least two points of difference in your response)?



### 3 Professional Vs. Personal Life *continued*

- c What do you think might be contributing to these differences between your personal and professional life (person, place, thing, situation, etc.)?
- d In looking at List A: What specifically gives you the experience of those emotions you feel frequently (again, it can be a person, place, thing, situation)?
- e Now look at List B: What specifically gives you the experience of those emotions that you feel frequently?

### 4 Roles

Please think about all the roles you play in life, including professional, parent, child, spouse, sibling, friend, family member, etc. How fulfilled are you in each of these roles? Circle one number for each role on the chart below:

POTENTIAL ROLES YOU PLAY	Not at All Fulfilled					Very Fulfilled	NA
Professional	1	2	3	4	5		
Child	1	2	3	4	5		
Parent	1	2	3	4	5		
Sibling	1	2	3	4	5		
Spouse	1	2	3	4	5		
Aunt/Uncle	1	2	3	4	5		
Grandparent	1	2	3	4	5		
Friend	1	2	3	4	5		



## 4 Roles continued

POTENTIAL ROLES YOU PLAY	Not at All Fulfilled					Very Fulfilled
	1	2	3	4	5	
Mentor	1	2	3	4	5	
Colleague	1	2	3	4	5	
Helper	1	2	3	4	5	
Boss	1	2	3	4	5	
Employee	1	2	3	4	5	
Team Member	1	2	3	4	5	
Other	1	2	3	4	5	

- a Which roles are most important to you, and why?
- b What would need to change for you to live out these roles more successfully?
- c Which roles do you wish to let go of?

## 5 Potential Transition

Please review the list of statements below, and honestly ask yourself “Does this reflect what I’m experiencing and thinking currently?” Please check all that apply.

- Successfully balancing my needs and wants, and all the parts of my life feels almost impossible right now.
- I'm having some health problems that won't go away.
- I've experienced a loss of someone or something I deeply loved, and I feel changed because of it.



## 5 Potential Transition *continued*

- Sometimes I feel like things are starting to “fall apart.”
- I feel like I've awakened somehow, and I want to start smelling the roses.
- My company and/or or my support network has let me down, and I don't feel the same about it as I used to.
- I long to make a greater contribution somehow.
- I feel there's something else out there for me to do now, but I'm not sure what it is.
- I have gifts and talents that I'm not using, but I deeply long to start using them.
- In some ways, I don't like who and what I've become.
- I hate what I do, or I'm so bored by it, but I have no idea what else I would do, at this point.
- I feel bruised and beaten up by work and by life.
- I don't want to keep doing what I'm doing, but I don't have a way out financially.
- I just don't want to keep up with this competition and pace anymore. I'm tired of it.
- I want to help people somehow, and not hurt people or be hurt anymore.

*(If any of the above fit your experience, transition is occurring, and it can be very positive, if you are ready to embrace it and understand the change it is suggesting to you.)*



## 6 Qualities For Change

On a scale from 1 to 5 (5 = highest), what number reflects the degree to which you believe you have access to these qualities in yourself? (1 = no access; 5 = direct access)

	No Access			Direct Access		
Courage	1	2	3	4	5	
Self-esteem	1	2	3	4	5	
Patience	1	2	3	4	5	
Perseverance	1	2	3	4	5	
Strength	1	2	3	4	5	
Flexibility	1	2	3	4	5	
Energy	1	2	3	4	5	
Faith	1	2	3	4	5	
Honesty	1	2	3	4	5	
Self-love	1	2	3	4	5	
Humor/Fun	1	2	3	4	5	
Support	1	2	3	4	5	
Time	1	2	3	4	5	

a What qualities do you feel need in greatest need of right now?

b How capable do you think you are to create and attract to you the life that you want? Why?

Not At All  
Capable

Very Capable

1 2 3 4 5 6 7 8 9

10

■ **Kathy Caprino, MA**



## 6 Qualities For Change *continued*

d In thinking about your life as a whole, would you say that significant professional and/or personal change is something you want? (Please circle below)

Professional Change	Yes	No	Maybe	Don't Know Yet
Personal Change	Yes	No	Maybe	Don't Know Yet
Both	Yes	No	Maybe	Don't Know Yet

## 7 Satisfaction With Total Life

The following represents the key aspects of your life in total. In a well-balanced life, these areas are interconnected and support each other. Please rank your level of satisfaction with each area (0 = No satisfaction; 5 = High Satisfaction). Give yourself a score for each area.

	Not At All Satisfied					Highly Satisfied
Personal Development	1	2	3	4	5	
Creativity	1	2	3	4	5	
Social/Fun	1	2	3	4	5	
Relaxation/Restoration	1	2	3	4	5	
Health /Self-Care	1	2	3	4	5	
Professional/Career/Business	1	2	3	4	5	
Romance/Intimacy	1	2	3	4	5	
Relationships/Friends	1	2	3	4	5	
Family	1	2	3	4	5	
Contribution/Community	1	2	3	4	5	
Financial	1	2	3	4	5	

■ **Kathy Caprino, MA**



## 7 Satisfaction With Total Life *continued*

	Not At All Satisfied				Highly Satisfied
Spirituality	1	2	3	4	5
Sense of Life Purpose/Meaning	1	2	3	4	5

a What life area(s) do you feel need the most attention right now?

---

## 8 First Step

a What one change in your life, if you could make it, would dramatically improve your life today?

---

b Finally, the journey toward positive change begins with one step. Dedicating yourself to making change will bring about more movement, flexibility, options, and opportunities.

What one step, no matter how small, could you take this week to address the life area you identified above? \_\_\_\_\_

*Great job! Completing this assessment is the first and most important step you can take on the path to creating the life you want. You must first know what isn't working in your life to determine where you wish to begin. Congratulations for having the courage to start. - **Kathy Caprino***

For a follow-up coaching session/program to explore the findings and develop a meaningful action plan, please contact Kathy Caprino at (203) 834-8833, or [Kathy@elliacomunications.com](mailto:Kathy@elliacomunications.com)

**Kathy Caprino, MA**