



CoachingAndLeadership.com

Part II

# SUMMARY OF MY ASSESSMENT “FULFILLMENT & PEACE”



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## MY NAME IS: \_\_\_\_\_

From your work in Part I where you studied each Area of Your Life, you will have listed 30 Improvements for consideration. Now take a moment to identify the ones that are the Top Priorities for you to focus on during the **L.E.A.D. for Women UPLIFT BaseCamp Training**.

In the space below, list the **Top Challenges** you would like to address, your **Top Goals** and **My Top People/Things to Celebrate**. Some things on this list you may choose to work on privately, some with your Mind-Kinetics® Coach, and others in the L.E.A.D. group setting.

Save this file as **[your name]-LEAD Assessment Summary** and prior to Webinar #1 of the BaseCamp email it to [Betska@CoachingAndLeadership.com](mailto:Betska@CoachingAndLeadership.com) As a group we will address common challenges/goals of all the women in the UPLIFT BaseCamp Training.

### As a Woman, the Top Challenge that I face in My Life is:

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### The Top 4 Additional Challenges in my life are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### My Top 5 Goals are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**My Top 5 People/Things to Celebrate!** Make a list of the things which are important for you CELEBRATE - the parts of your life which bring a smile to your face or in which you feel you have done a good job.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



*"Finding solutions to life's challenges is easier than you think.  
The secret is learning how to find them!" ~ Betska K-Burr*