



Project 45 Coaching Self-Evaluation Template

This document contains an overview form of the initial self-evaluation exercises given to mentees to establish a starting point for the appropriate coaching approach. It is then further discussed and fleshed out during sessions.

Section 1: Big Picture

1. Describe your ideal life in ten years. You can explain this in terms of lifestyle/states of being rather than explicit goals: Where will you be? Who will be around you? What will your social, professional, and personal life look like?

2. Now, think specifically of three long-term goals you wish to achieve that would make the above possible. Make these goals as specific as possible (even if you are unsure), and briefly reflect on whether you think you are on the right track to achieving it.

Goal 1

Goal 2

Goal 3



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Section 2: Your Profile

3. Create a list of three of your primary interests/hobbies/passions, and rate each one according to the following three criteria: how good you are at it, how much you enjoy/like doing it, and the potential for it to have impact on others.

Interest 1

Ratings | Enjoyment: /10 | Skill: /10 | Impact: /10

Interest 2

Ratings | Enjoyment: /10 | Skill: /10 | Impact: /10

Interest 3

Ratings | Enjoyment: /10 | Skill: /10 | Impact: /10

4. Create a list of three of what you perceive to be your greatest strengths. These may be personality traits, behavioural patterns, or specific skills. In any case, elaborate on these strengths, and provide a rating for the extent to which each one is used in the above 3 interests.

Strength 1:

Deployment Rating: /10

Strength 2:

Deployment Rating: /10

Strength 3:

Deployment Rating: /10



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5. Create a list of three of what you perceive to be your greatest weaknesses, specifically as they pertain to hindering your progress. These could be personality traits, mindset problems, behavioural patterns, or a skill you lack. Think about these in terms of your interests and goals, and weight them accordingly: i.e., if you are poor at something completely unrelated to your goals/interests, this is not a weakness worth mentioning. Then, briefly comment on how each might be impacting your longer-term goals and getting in the way of pursuing your interests.

Goal 1

Goal 2

Goal 3

6. Describe your current daily habits, including any routines you follow. Include both habits you see as positive and negative, including an explanation why you'd like to keep a particular habit while kicking another one or are even indifferent to some.
7. Think about three things—habits, mindsets, techniques, or otherwise—that have impacted your life most significantly.

Section 3: Next Steps*

**this section is often only filled in after a session to discuss responses to the first two sections*

8. In the context of the reflections above, come up with three specific, medium-term goals (6 months – 1 year). First, describe it. Then, provide a rough outline of what you think it'll take to get there, in terms of daily actions and lifestyle changes.
9. Similarly, come up with three short-term goals (1-2 months) that tie into your medium-term goals and also the bigger picture. Split these goals into weekly chunks and walk the reader through your timeline. These may be either habit or outcome based.