Tara West Certified Professional Coach

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May you live all the days of your life. Jonathan Swift

Your Strengths, Wants & Needs

Your Strengths:

What do you love doing? What would you love to do? What do you feel are your strengths? What are you really good at?

If you're feeling a little stumped, think back to compliments you may have received from co-workers, clients or managers; what did they compliment you on?

Another great exercise is to think back to your earlier career / youth / schooling. What did you love doing but didn't pursue for one reason or another?

Record Your Strengths:

Strengths (Record one strength or passion per line)

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Now rank your Strengths in priority order. Define what each means to you and how you score your level of satisfaction in respect to how you are using your strengths.

Rank = how important it is to you in order to live a fulfilling life
Strength / Definition = the strength you identified and further thought on your definition of that strength – i.e. how you would use it in your business
Satisfaction = how it ranks, right now, in your life

Rank in Priority Order	***Strength & Your Definition***	***Score Level of Satisfaction*** *Scale of 1 to 10 (10 = highest)*

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Your Needs:

Define what your needs are at this point in time.

Needs

Notes:

Now rank your Needs in priority order. Define what each means to you and how you score your level of satisfaction in respect to how your needs are being met.

Rank in Priority Order	***Needs & Your Definition***	***Score Level of Satisfaction*** *Scale of 1 to 10 (10 = highest)*

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Your Wants:

Dream BIG here. What do you REALLY want out of life, out of your business? Your home based business will determine the QUALITY of life you have, so consider your personal life as well, not just your business wants. As an example, one of your wants for a home based business may be to earn $250k annually; so this would affect your personal life too in what you want for yourself and your family. DREAM BIG. Imagine this part of your Worksheet as your Life & Business Canvas; here you can design the life and business that you REALLY want – not just need.

Wants

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Now rank your Wants in priority order. Define what each means to you and how you score your level of satisfaction in respect to how your wants are being met.

Rank in Priority Order	***Wants & Your Definition***	***Score Level of Satisfaction*** *Scale of 1 to 10 (10 = highest)*

Notes: