

# BENCH MARK GRAPH

As your coach I will help you achieve great things, overcome fear, rocket confidence and work towards what you want in life.

First we need to know where you are;

1. Use the bench mark graph to track how things are now.
2. In each circle write something that matters to you or that is impacting on success/work/life.
3. For each circle mark a cross of where you are now. 10 = awesome. 0 = awful.
2. Revisit this graph to assess how things are changing.
3. Revisit this graph at the end of our agreed goal achieving time to assess results.
4. How will you celebrate?
5. What needs to change/happen now?

(Suggestions for inclusion; Work, family, partner, finances, fun, respect, health)

