

Empowerment Questionnaire



IBA recognizes that success requires a strong sense of personal and professional empowerment. This questionnaire will help you rate yourself to see how you measure up to your desire for your life.

Please look at the categories listed below and draw a circle around the number that identifies where you want to be in that category. Then underline the number that best indicates your current life experience. We are looking for the gap between where you are today and where you would like to live your life. This gap is the area we will focus on as we assist you in building your personal empowerment plan.

The scale ranges from 1 – 10. There is a blank at the end of each category so that you can add a line item of your own.

1 - Represents the feeling that you are at the bottom of the barrel – or that it just can't get any worse.

5 - Represents the feeling of just hanging in there – not good, not bad.

10 - Represents the feeling of being at the top of your game – exactly where you want to be.

Part 1 – Body and Physical Health

1. Overall wellness	1	2	3	4	5	6	7	8	9	10
2. Body Image/Weight	1	2	3	4	5	6	7	8	9	10
3. Aging	1	2	3	4	5	6	7	8	9	10
4. Energy	1	2	3	4	5	6	7	8	9	10
5. _____	1	2	3	4	5	6	7	8	9	10

Part 2 – Mental Health

1. Self-confidence	1	2	3	4	5	6	7	8	9	10
2. Optimism/Hopefulness	1	2	3	4	5	6	7	8	9	10
3. Personal Power	1	2	3	4	5	6	7	8	9	10
4. Self-worth	1	2	3	4	5	6	7	8	9	10
5. Focus/Clarity	1	2	3	4	5	6	7	8	9	10
6. Self-talk	1	2	3	4	5	6	7	8	9	10
7. Personal Motivation	1	2	3	4	5	6	7	8	9	10
8. _____	1	2	3	4	5	6	7	8	9	10

Part 3 – Emotional Health

1. Happiness/Joy	1	2	3	4	5	6	7	8	9	10
2. Passion/Enthusiasm	1	2	3	4	5	6	7	8	9	10
3. Worry	1	2	3	4	5	6	7	8	9	10
4. Fear	1	2	3	4	5	6	7	8	9	10
5. _____	1	2	3	4	5	6	7	8	9	10

Empowerment Questionnaire

Part 4 – Spiritual Health

1. Purpose/Meaning	1	2	3	4	5	6	7	8	9	10
2. Fulfillment	1	2	3	4	5	6	7	8	9	10
3. Sense of belonging	1	2	3	4	5	6	7	8	9	10
4. Source/God/Universe	1	2	3	4	5	6	7	8	9	10
5. _____	1	2	3	4	5	6	7	8	9	10

Part 5 – Financial Health

1. Income	1	2	3	4	5	6	7	8	9	10
2. Debt	1	2	3	4	5	6	7	8	9	10
3. Savings	1	2	3	4	5	6	7	8	9	10
4. _____	1	2	3	4	5	6	7	8	9	10

Part 6 – Relationship Health

1. Partner	1	2	3	4	5	6	7	8	9	10
2. Children	1	2	3	4	5	6	7	8	9	10
3. Friends	1	2	3	4	5	6	7	8	9	10
4. Peers	1	2	3	4	5	6	7	8	9	10
5. _____	1	2	3	4	5	6	7	8	9	10

Personal Empowerment Goals

1. What are the top 3 priorities that you must achieve in the next year in order for you to label yourself and this program a success?

2. Why are these goals important to you at this point of your life?

3. What is your expectation of our role as your coach during this process?