

Ideal Image

Directions:

1. In the first row in the table below, fill in the blank for the area of life on which you want to focus. For instance, you might want to focus on your job, relationship, family, or business.
2. In the first column, list all the qualities that describe your *ideal X*.
3. In the second column, rate each quality on a scale of 1 to 10 against your current situation (“1” represents the complete opposite of your ideal and “10” represents an exact likeness of that ideal).

1. Ideal _____	
2. Qualities	3. Rating

4. Now, circle the top *three* qualities you would like to improve.

5. List those three qualities in the following table (second column) and brainstorm strategies to improve those areas (third column). We'll discuss further and develop more specific action plans in our coaching sessions.

#	Top Qualities to Improve	Strategies for Improvement			
		<table border="1" style="width: 100%; height: 100%;"> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> </table>			
		<table border="1" style="width: 100%; height: 100%;"> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> </table>			
		<table border="1" style="width: 100%; height: 100%;"> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> <tr><td style="height: 30px;"></td></tr> </table>			