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## Life Issues Assessment

Completion of this assessment form is designed to give you an idea of some of the life issues that can be addressed during the Authentic Life process. Please rate the following issues on a scale of 1-5 in terms of how much you struggle with each of them.

(5 = constantly struggle with this issue; 1 = never struggle with this issue.)

- \_\_\_ Fear of failure
- \_\_\_ Fear of success
- \_\_\_ Procrastination
- \_\_\_ Perfectionism
- \_\_\_ Development of rapport with others
- \_\_\_ Negative self image
- \_\_\_ Time management and organizational skills
- \_\_\_ Integration of professional and personal life
- \_\_\_ Lack of assertiveness
- \_\_\_ Stagnation in overly comfortable activities or thought patterns
- \_\_\_ Low self-confidence
- \_\_\_ Fear of conflict and/or confrontation
- \_\_\_ Confusion about career choices
- \_\_\_ Discomfort with physical appearance and/or style of speech
- \_\_\_ Expression of anger (either non-existent or exaggerated)
- \_\_\_ Fear of speaking in public
- \_\_\_ Poor sense of personal boundaries
- \_\_\_ Limited or non-existent capacity to dream about the future
- \_\_\_ Addictive tendencies (abusive relationships, food, drugs, cigarettes, alcohol, spending, etc.)
- \_\_\_ Other (please explain) \_\_\_\_\_

Save your responses. If your score for any issue is 3 or more, you may experience transformation by focusing on this life element during the Authentic Life process. If you'd like to discuss the above issues with Ellen Antill during your complimentary consultation, print a copy of this completed form for your records and also email it to Ellen for her review prior to your consultation.