



The Self-Awareness Check-In: Where Are You Right Now?

Because real change begins with awareness.

Life moves fast, and it's easy to get caught up in doing without pausing to ask: Am I truly aligned with the life I want? This assessment is your chance to slow down for a few minutes and take an honest look at where you are today.

Instructions: For each statement, check the box that best describes how true it feels for you.

☐ 1 = Not true for me at all ☐ 2 = Rarely true ☐ 3 = Sometimes true ☐ 4 = Often true ☐ 5 = Very true for me

Clarity & Purpose

1. I feel unclear about my next step in life or career.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
2. I sometimes wonder if I'm living the life I'm meant to live.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
3. I want to connect more deeply with my values and sense of purpose.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Patterns & Mindset

4. I notice myself getting stuck in old habits or thought patterns.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
5. Fear, doubt, or self-criticism often hold me back.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
6. I want tools to interrupt limiting beliefs and step into confidence.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Energy & Resilience

7. I often feel drained, burned out, or overwhelmed.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5
8. I struggle to set healthy boundaries without feeling guilty.
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. I want to experience more joy, balance, and ease in my daily life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Relationships & Communication

10. I avoid difficult conversations or feel misunderstood.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. I want to build stronger, more authentic relationships.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I'd like to communicate with more confidence and calm.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Growth & Fulfillment

13. I feel like I've achieved some success but still sense something is missing.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

14. I want to grow—not just in career, but as a whole person.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

15. I crave accountability and encouragement to follow through.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring

Add up your numbers for a total out of 75.

60–75 | Strong Alignment, Ready to Expand

You already have a strong foundation of awareness and resilience. You may be clear on your values and living in ways that reflect them—but you might also feel called to stretch into new possibilities. At this level, growth is less about “fixing problems” and more about expansion: refining your purpose, deepening fulfillment, or scaling your impact.

Reflection Questions:

- Where do I feel most alive and aligned right now?
- What dream or possibility am I quietly holding back on?
- What support would help me stretch into my next level?

✨ Coaching at this stage is about having a partner who helps you sharpen your vision and hold you accountable to the bigger life you're ready to create.

40–59 | At a Crossroads

You're aware of both strengths and struggles. Some areas of life feel in sync, but others leave you questioning, drained, or uncertain. This is the "pivot zone": the place where you sense that something more is possible but aren't sure how to bridge the gap.

Reflection Questions:

- What feels "off" or misaligned right now?
- Where do I keep circling back to the same patterns?
- What would clarity in this season of life look like for me?

✦ Coaching at this stage can help you turn insight into action, giving you tools and accountability to break cycles and move forward with confidence.

15–39 | Misalignment and Stuckness

Life may feel heavier right now. Old patterns, self-doubt, or overwhelm might be clouding your clarity and energy. It's not unusual to score here during times of transition, loss, or burnout. Rather than seeing this as failure, see it as a signal—an invitation to pause, reset, and reconnect with what matters most.

Reflection Questions:

- Where am I currently pouring out energy without getting much back?
- What feels missing that I deeply long for?
- If I could change one thing right now that would lighten my load, what would it be?

✦ Coaching at this stage is about creating space to reset, gain tools for resilience, and rebuild from a place of strength and clarity.

Closing Reflection

Your score is not a judgment—it's a snapshot. What matters most is not the number, but what it awakened in you. Did a statement sting? Did another spark a sense of longing or hope? Those reactions are your compass.

Growth starts with awareness, but real transformation comes from consistent action and support. Wherever you landed, this reflection is your first step. If you're ready for the next one, coaching is a powerful way to turn that awareness into momentum.

Schedule a call: <https://calendly.com/coachrainymartin/60min>