

# Stepping Stones to Success

MY NAME

DATE  /  /

1 What is your overall stress level right now? (FILL IN A CIRCLE)

I am VERY stressed!

I am not stressed at all.

2 Where do you feel you and your family currently are in these Life Areas? (FILL IN A CIRCLE IN EACH PATHWAY ROW)

		AREA OF SIGNIFICANT NEED	AREA OF NEED	STABLE, BUT COULD IMPROVE	THRIVING		
HOUSING	▶ My family doesn't have housing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have stable and safe housing.
DEPENDENT CARE	▶ We have no child care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have reliable child care and a reliable back up plan.
TRANSPORTATION	▶ We have no transportation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	We have reliable transportation and a back up plan.
PERSONAL WELL-BEING	▶ My personal well-being needs my attention.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am doing well and am fully able to work.
FAMILY WELL-BEING	▶ Family challenges interfere with my progress.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My family is doing well and supports me.
SOCIAL SUPPORT	▶ I have no social support or my network is not supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have consistent and effective social support.
FINANCIAL HEALTH	▶ My income is not enough to cover my basic living expenses.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	My income is stable, I am current on my bills, I have money for saving or spending.
LEGAL	▶ I work certain jobs or I have lost jobs because of my legal issues.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have no current legal issues.
EDUCATION/TRAINING	▶ I don't have a high school diploma, GED or entry-level certificate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I have a degree or industry recognized certificate(s) in a high demand occupation.
JOB SEARCH/SKILLS	▶ I don't know where to find work; the jobs I apply for don't hire me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I am being invited to interviews and/or I have been offered a job.
EMPLOYMENT	▶ I am working in a survival job that I don't like or I am not working.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	I love my job!

3 What is going on in your life that you want your coach to know about?

4 Is there something specific that you want to talk about during this meeting with your coach?

5 Do we need to update any of your information? (Example: address, phone number, email, employment, etc.)