

THE ATHENA ADVANTAGE™ COACHING SCORECARD

Rate your reactions to each pair of phrases. Decide where you lie on the scale from 1 to 10. Add up your scores in each column and then the total of all the columns is your Score.

I do not have any career/life goals	1	2	3	4	5	6	7	8	9	10	I have clear and motivating career/life goals
I do not know how to make my goals a reality	1	2	3	4	5	6	7	8	9	10	I know how to make my goals a reality
I am not aware of my strengths and weaknesses	1	2	3	4	5	6	7	8	9	10	I am fully aware of my strengths and weaknesses
I find going through change difficult and very stressful	1	2	3	4	5	6	7	8	9	10	I am able handle change quickly and easily
I don't really know what my core values are	1	2	3	4	5	6	7	8	9	10	I fully understand my core values
I do not have a healthy and productive relationship with my boss	1	2	3	4	5	6	7	8	9	10	I have a healthy and productive relationship with my boss
I feel respected and valued	1	2	3	4	5	6	7	8	9	10	I feel respected and valued
I am not a confident communicator (speaking and listening)	1	2	3	4	5	6	7	8	9	10	I am a very confident communicator (speaking and listening)
I do not have all the skills I need to be more effective	1	2	3	4	5	6	7	8	9	10	I have all the skills I need to be more effective
I am not at all confident that I will achieve my goals	1	2	3	4	5	6	7	8	9	10	I feel totally confident that I will achieve my goals
ADD COLUMN TOTALS											YOUR SCORE _____

Question 1: Why did you give yourself that score?

Question 2: What do you think you need to do to improve your score?

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