

Gap Analysis

At LMT Consulting we believe ***coaching is closing the gap from where you are to where you want to be.*** The Gap Analysis helps us understand where you feel you are in the most important areas of life. Please complete the form and return to your coach prior to your first session.

- In column 1 rate where you want to be in each area using a scale of 0 – 10 (10 being important and 0 being not important.)
- Using the same scale, in column 2 rate where you feel you are now.
- In column 3 calculate the different between column 1 and column 2.
- Anywhere there is a difference of 2 or more is a place to close the gap.

	1	2	3
Work/Career			
Financial Success			
Spouse/Partner			
Children			
Family			
Friends			
Health/Fitness			
Spirituality			
Creativity/ Self Expression			
Enjoyment/ Happiness			
Learning/Growth			
Service to Others/ Contribution			
Time Mastery			

*This has been adapted from *The Way We're Working Isn't Working* by Tony Schwartz .