

Self Assessment Tool

This Self Assessment Tool is designed to help you gauge whether my coaching and hands-on organizing services might be a good match for your goals and needs at this time. I encourage you to thoughtfully consider each question. There is information on the 4th page explaining how to interpret your results and possible next steps. If the prospect of completing this form totally overwhelms you, don't sweat it – give me a call instead and we can discuss these things by phone; I'm at (734) 531-9024.

Directions: For each statement, circle the number that best indicates how true the statement is for you, noting that the scale is designed in this way: **1 = not true for me, 5 = very true for me.**

1. I've reviewed Nia's website and/or her 2-page brochure. From what I've read, I think Nia might be a good match for helping me achieve my organizing and/or productivity goals.	1 2 3 4 5
2. I think I understand the coaching Nia offers - and its value.	1 2 3 4 5
3. I think I understand the hands-on organizing Nia offers - and its value.	1 2 3 4 5
4. I understand that the coaching and hands-on organizing Nia offers are not a "quick fix" but instead require a long-term commitment on my part (typically 3 months at minimum, sometimes longer).	1 2 3 4 5
5. I'm really motivated to make change in my life. I can commit to creating space and setting aside time in my schedule on a regular basis for meeting with Nia and for working on my goals in between our sessions.	1 2 3 4 5
6. I've reviewed Nia's rates on the "Us!" page of her website and I'm confident that I'll be able to pay for her service in a way that fits into my life/budget.	1 2 3 4 5
7. I'm in a place of good mental health.	1 2 3 4 5
8. I'm in a place of good self-care (diet, exercise, sleep, etc).	1 2 3 4 5

17. In a few sentences or brief points, these are my goals – i.e. the things I want Nia’s help in achieving:

18. I feel I’m not getting what I expect or need from Nia I will share this fact with her and make clear requests as to what I need. I’m aware that this partnership can only be effective if I’m able to trust Nia and share my true self with her. If for whatever reason I discover that I’m not able to do these things, I will let her know.

1 2 3 4 5

19. In a few sentences or brief points, these are things I know about myself that will likely influence my partnership with Nia and the progress we make toward my goals:

Now, tally your numbers. After you’ve recorded an answer for each of the 19 questions, add up the numbers you’ve circled. (There will be no numeric answers for questions 13, 14, 17 and 19, so these questions will not be a part of your tally.) **Record the SUM of your numbers here:**

SUM: _____

Interpreting Your Results

How do you interpret the sum of your numbers? Here's how:

If your SUM was...	Then...
1-30	My services are probably not appropriate for you at this time. You might wish to explore one of the other resources listed near the bottom of this page.
31-45	My services might be appropriate for you at this time. You're welcome to contact me to discuss options.
46-60	My services would likely be valuable for you at this time. You're open to trying on new perspectives and ways of doing things, and you're committed to working hard for change. I encourage you to contact me to discuss options.
61-75	My services would likely be pivotal in your life at this time. You're ready to do what it takes to actualize and claim your life's purpose and achieve your potential. I encourage you to contact me to discuss options.

Next Steps

If it appears we're not a good match for partnering at this time, you may wish to explore these resources where you can search for other, qualified organizing and coaching professionals:

- National Association of Productivity & Organizing Professionals – www.napo.net
- NAPO's Michigan Chapter – www.napomichigan.com
- Institute for Challenging Disorganization – www.challengingdisorganization.org
- International Coach Federation – www.coachfederation.org
- Professional Association of ADHD Coaches – www.paaccoaches.org

If it appears there's a potential for partnership, I encourage you to get in touch – my contact information is below. Please save this Self Assessment and have it handy for when we talk, as we'll look at some of your answers together.

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