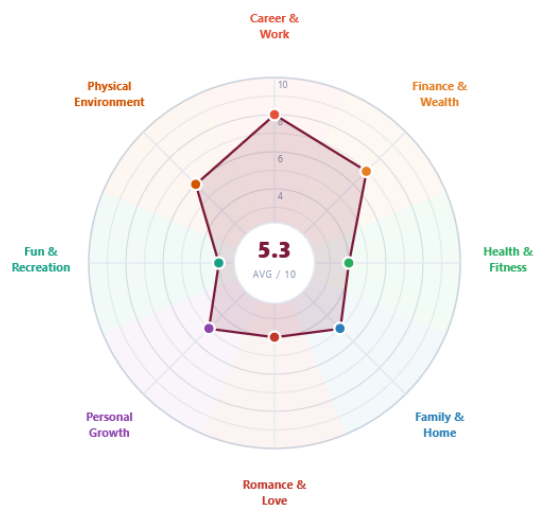


CLIENT Sarah Mitchell | COACH Claire Hartley | DATE 18 June 2026 | SESSION 3



8 / 10

Career & Work

7 / 10

Finance & Wealth

4 / 10

Health & Fitness

5 / 10

Family & Home

4 / 10

Romance & Love

5 / 10

Personal Growth

3 / 10

Fun & Recreation

6 / 10

Physical Environment

Average Score: 5.3 / 10

Assessment Insights

TOP STRENGTHS

8 / 10

Career & Work

7 / 10

Finance & Wealth

6 / 10

Physical Environment

GROWTH OPPORTUNITIES

3 / 10

Fun & Recreation

4 / 10

Health & Fitness

4 / 10

Romance & Love

BALANCE OVERVIEW

Average 5.3 / 10

Highest 8 / 10

Lowest 3 / 10

Range 5 pts

Some Areas Worth Exploring

CLIENT Sarah Mitchell | DATE 18 June 2026

Reflection Notes

|                                                                                                                                                                           |      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Career & Work                                                                                                                                                             | 8/10 |
| A 10 would mean I feel equally fulfilled outside of work, not just in it. One step: notice when I am defining my worth by my output and pause.                            |      |
| Finance & Wealth                                                                                                                                                          | 7/10 |
| A 10 would mean money feels like a tool, not a scoreboard. One step: review what I am actually saving towards...I have not thought about that in a while.                 |      |
| Health & Fitness                                                                                                                                                          | 4/10 |
| A 10 would mean I move my body because I want to, not to recover from stress. One step: a 20-minute walk three times this week, no podcasts, just walking.                |      |
| Family & Home                                                                                                                                                             | 5/10 |
| A 10 would mean I am present when I am with family, not just physically there. One step: one evening this week with no phone after 7pm.                                   |      |
| Romance & Love                                                                                                                                                            | 4/10 |
| A 10 would mean we do things together that are not just logistics. One step: suggest one thing we could do this weekend that has nothing to do with the house or errands. |      |
| Personal Growth                                                                                                                                                           | 5/10 |
| A 10 would mean I am learning something that excites me, not just advancing my career. One step: find one book I have been meaning to read and start it.                  |      |
| Fun & Recreation                                                                                                                                                          | 3/10 |
| A 10 would mean I have things in my week I genuinely look forward to. One step: find my old painting supplies and set them out - even if I do not use them yet.           |      |
| Physical Environment                                                                                                                                                      | 6/10 |
| A 10 would mean my home feels calm and mine, not just functional. One step: sort the one room that bothers me every time I walk past it.                                  |      |

Coaching Goals & Next Steps

|                                                                                                                                                                        |                                                                                                                                                                                                       |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>FOCUS AREA FOR THIS PERIOD</p> <p>Health &amp; Fitness and Fun &amp; Recreation - the two areas most depleted and most within Sarah's immediate control.</p>        | <p>PRIMARY GOAL</p> <p>To reclaim at least two hours per week that belong entirely to me - not recovery, not errands, not work. Time I genuinely look forward to.</p>                                 |
| <p>THIS WEEK'S COMMITTED ACTION</p> <p>Find my painting supplies and set them out somewhere visible. Not to paint - just to make it easy to start when I am ready.</p> | <p>POTENTIAL OBSTACLES &amp; SOLUTIONS</p> <p>Work will feel urgent and I will default to staying later. Solution: the protected evening goes in the calendar today, before I leave this session.</p> |

CLIENT Sarah Mitchell | DATE 18 June 2026

Coaching Goals (continued)

SUPPORT NEEDED

My partner knowing what I am working on so they can encourage rather than fill the time with plans. I will have that conversation this week.

COACH'S NOTES

Sarah's pattern is high external achievement masking significant personal depletion. She has real self-awareness - the work is closing the gap between knowing and doing. Watch for the tendency to make this another project to optimise rather than something to enjoy.