

# The Bounce Back Assessment Questionnaire



Life can throw us curveballs career struggles, personal setbacks, or unexpected transitions that leave us feeling stuck and unsure of the next step. But let me assure you: you're not alone, and you don't have to navigate it alone.

I've created the Bounce Back Assessment Questionnaire to help women like you. This 25-question tool is a safe space to reflect on your personal and professional journey, identify where you need support, and uncover the areas in life where you're ready to grow.

## ❖ What to Expect:

There are no right or wrong answers, just honest reflections.

This is your first step toward reclaiming your power and building a fresh start in life or business.

Your responses will guide me in tailoring one-on-one or group coaching support to meet your unique needs.

Whether you're navigating a career change, rebuilding after a setback, or simply ready for something more, I'm here to help you turn the page. Let's uncover the best version of you and create a plan to thrive.

Here's a 25-question **Bounce Back Assessment Questionnaire** to gauge potential client interest in one-on-one coaching for women between the ages of -64. This questionnaire will help women assess their current situation, identify areas where they feel stuck, and determine their readiness for a fresh start. You can use this to identify coaching needs and tailor your sessions accordingly.

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## Bounce Back Assessment Questionnaire

### Personal and Career Transition

1. How satisfied are you with your current career or life situation?  
☐ Very Satisfied  
☐ Satisfied  
☐ Neutral  
☐ Unsatisfied  
☐ Very Unsatisfied
  2. Have you ever felt like you are stuck in a job or relationship that no longer serves you?  
☐ Yes  
☐ No
  3. How long have you been considering making a significant change in your career or personal life?  
☐ Less than 6 months  
☐ 6 months to 1 year  
☐ 1 to 3 years  
☐ Over 3 years?
  4. On a scale of 1-10, how clear are you about your next steps in life or career?  
**1** Not Clear at All | **10** Extremely Clear
  5. What is your biggest fear when it comes to making a fresh start in life or career?  
☐ Financial stability  
☐ Fear of failure  
☐ Lack of confidence  
☐ Fear of the unknown  
☐ Other (Please specify): \_\_\_\_\_
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### **Emotional Well-being and Resilience**

6. How often do you feel overwhelmed by your current circumstances?  
☐ Always  
☐ Often  
☐ Sometimes  
☐ Rarely  
☐ Never?
7. When faced with challenges, how well do you adapt?  
☐ Very well  
☐ Well  
☐ Neutral  
☐ Poorly  
☐ Very poorly?
8. Have you experienced a significant life event (such as divorce, job loss, or illness) in the past 3-5 years?  
☐ Yes  
☐ No
9. How well do you feel you have coped with that event?  
☐ Very well  
☐ Well  
☐ Neutral  
☐ Poorly  
☐ Very poorly?

10. Do you believe you have the support system you need to help you navigate life's challenges?

☐ Yes

☐ No

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### Self-Belief and Confidence

11. How confident do you feel about your ability to succeed in a new phase of life?

☐ Very confident

☐ Confident

☐ Neutral

☐ Lacking confidence

☐ Very unconfident.

12. Do you struggle with feelings of self-doubt or imposter syndrome when thinking about making changes?

☐ Yes

☐ No

13. How often do you compare your journey to others in a way that holds you back?

☐ Often

☐ Sometimes

☐ Rarely

☐ Never?

14. Do you have a clear sense of purpose for this next chapter of your life?

☐ Yes

☐ No

15. What is the biggest internal obstacle keeping you from taking the next step?

☐ Fear of failure

☐ Lack of self-belief

☐ Uncertainty about direction

☐ Other (Please specify): \_\_\_\_\_

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### Goals and Future Vision

16. How clearly do you see your personal and professional goals for the next 1-3 years?

☐ Very clearly

☐ Somewhat clearly

☐ Not clearly at all?

17. Are you willing to invest time and resources into yourself to make this fresh start a reality?

☐ Yes

☐ No

18. What is your primary goal for the next phase of your life?

☐ Career change

☐ Starting a business

☐ Personal growth

☐ Building confidence

☐ Other (Please specify): \_\_\_\_\_

19. How committed are you to taking actionable steps to create the life you desire?

**1** Not Committed at All | **10** Extremely Committed

20. What areas of your life would you like to focus on first? (Select all that apply)

- ☐ Career
  - ☐ Relationships
  - ☐ Personal Growth
  - ☐ Health and Wellness
  - ☐ Financial Stability
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### **Support and Coaching Needs**

21. Have you worked with a coach or mentor in the past?

- ☐ Yes
- ☐ No

22. How open are you to receiving support, guidance, and accountability from a coach?

- ☐ Very open
- ☐ Somewhat open
- ☐ Neutral
- ☐ Hesitant
- ☐ Not open.

23. What are you looking for most in a coach?

- ☐ Accountability
- ☐ Motivation and Encouragement
- ☐ Clear Guidance and Strategy
- ☐ Emotional Support
- ☐ All of the above?

24. How often would you like to meet with a coach for guidance?

- ☐ Weekly
- ☐ Bi-weekly
- ☐ Monthly?

25. What outcome would make you feel the coaching was successful?

- ☐ Clarity about next steps
  - ☐ Confidence to make decisions
  - ☐ Tangible progress toward goals
  - ☐ Emotional healing and growth
  - ☐ A combination of the above?
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### **Next Steps:**

If you answered these questions and feel ready to take the next step toward your fresh start, schedule a complimentary discovery call with me. Let's explore how one-on-one coaching can help you overcome obstacles, reignite your confidence, and create a life you love. Or use the contact page or send your email to [Bsimplyspeaking@msn.com](mailto:Bsimplyspeaking@msn.com)