



7Squared CoachingSM
Current Reality Worksheet

Use this worksheet to analyze and detail your current situation.

	Writing Work	Done?
Investigation & Analysis	Write a short synopsis of the current situation that you would like to change.	<input type="checkbox"/>
Desired Outcome	What would you like this area to look, feel or be like?	<input type="checkbox"/>
Habits	What habits do you have that contribute to creating this current reality?	<input type="checkbox"/>
Actions	What choices do you make and actions do you take that create this current reality?	<input type="checkbox"/>
Havingness	What are my fears? How do I feel about this current situation?	<input type="checkbox"/>
Questioning	What will happen if I embrace this change?	<input type="checkbox"/>
	What are the consequences if I choose no action?	
	How does my habits, actions and level of havingness effect others?	
Insights	Looking back at the prior sections, how do you feel?	<input type="checkbox"/>