



Is Life Coaching For You? Take The Quiz And Find Out!

"Our chief want in life is somebody who will make us do what we can." --Ralph Waldo Emerson

What do top successful executives, joyful homemakers, and professional athletes all have in common? They all use a coach to help them live their dreams and be the best they can be. How about you?

Please take just a few moments to find out how ready you are to live life to the fullest and be the best you can be.

On a scale from 1 to 10, rate each of the following statements:
(if not applicable, score the item a 5)

1 2 3 4 5 6 7 8 9 10
Don't agree at all - Somewhat agree - Totally agree

1. ___ I am ready to create more balance in my life.
2. ___ I am ready to improve my personal or business relationships.
3. ___ I am ready to make real and positive changes in my life.
4. ___ I am ready to find and live my life's purpose.
5. ___ I am ready and willing to overcome self-limiting beliefs and behavior.
6. ___ I am ready to create plans and take action to achieve my goals.
7. ___ I am ready to achieve a sense of fulfillment at work and in my life.
8. ___ I am ready for more fun and enjoyment in my life.
9. ___ I'd like to work less and make more money.
10. ___ I can benefit from someone who will help me to stay on track.

Add up your score _____

Interpreting your score:

Under 30

Life Coaching is not for you right now.

31 to 60

Life Coaching could help you to look at your life from a different viewpoint as well as help you develop a plan to change what it is that you would like to change. However, if you decide to work with a life coach now, you should decide and commit that you will take the necessary action for your benefit, or you will not make lasting life-changing improvements.

Over 60

Congratulations! You are ready for a Life Coach! You are willing to do whatever it takes to create the life you deserve and desire. Please take a moment to **contact us** right now for a **FREE** 30 min introductory coaching session to find out what coaching can do for you. This one call can change your life forever.