

### Is Coaching For You?

Are you ready to search for new paths in your life that will bring about the changes you seek?

**Take this quick quiz and find out.**

On a scale from 1 to 5, rate each of the following statements:

1-Disagree 2- Somewhat disagree 3-Not sure 4-Somewhat agree 5-Agree

Statements
I am ready to make real and positive changes in my life.
I am willing to face challenges in order to achieve real and long- lasting change in my life.
I am ready to find and live my life's purpose.
I am ready and willing to overcome negative and self-limiting beliefs and behaviors.
I am ready to improve my health and general well-being.
I am ready to create plans and take action to achieve my goals.
I am ready to achieve a sense of fulfillment within myself and my spirit.
I am ready to improve the relationships in my life.
I am ready for more balance, fun and enjoyment in my life.
I need to partner with someone who will hold me accountable for implementing my plan for change.

**Add up your score. \_\_\_\_\_**

Interpreting your score:

**Under 15** Life Coaching is not for you right now.

#### **16 to 35**

Life Coaching could help you explore your life from a different perspective and develop a plan for change. However, if you decide to work with me right now, you must be committed to take the necessary actions for your benefit, or you will not make lasting lifestyle improvements.

#### **Over 35**

Congratulations! You are ready for a Life Coach! You are willing to do whatever it takes to create the life you deserve and desire. Use the contact information to set up a free consultation to see what forming a coaching relationship with me can do for you. It's time to change your life forever.

**Get started** today with an affordable coaching package.

Essentials For Change Wellness Resources

Email: [essentialsforchange@gmail.com](mailto:essentialsforchange@gmail.com) Tel. 914-316-8769



**Peace does not mean being in a place where there is no noise, trouble or hard work.  
Peace means to be in the midst of all those things and still be calm in your spirit.  
That is the real meaning of peace.**