



Is Coaching for You?

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

Why Coaching?

- If you desire to learn strategies that help you move ahead personally with increased overall productivity...
- If learning how to tap into your higher self and live with more meaning and purpose is important to you...
- If incorporating a system of setting and achieving goals for your life to create more balance between work and home life is what you crave...
- If receiving open, direct, honest feedback that is objective and constructive in helping you keep focused and moving toward your goals sounds inviting...
- If learning how to identify and correct negative beliefs and habits that sabotage success doesn't scare you... then coaching may be for you!

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	Score
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.



Coaching Statements

Life coaching is an action-solution-oriented process-- concentrating on a forward motion, into the realm of discovering and creating.	Coaching is not just a talk session, where clients air their problems without indication of movement towards a plan or solution.
Life coaches are a new option for those concerned about their lives being slightly askew and are ready to identify and maximize strengths and minimize weaknesses.	Coaches do not tell clients what to do or take responsibility for solutions. Coaching is not the answer for those who are not ready to work for what they want.
Life coaches help people who don't need a diagnosis to live better lives. Coaching clients are every day, normal people who have their lives together; but realize the value of having somebody to help them think outside the box.	Coaches do not, nor are they intend to, step into the realm of therapy — or healing and uncovering (dark places of desperation, loneliness, raged, abuse or fearful circumstances).

Some Essentials For Change Coaching Plans include:

- Motivating e-mail's to remind you to keep on course to completing your goals, and the importance of setting flexible dates for achieving your goals.
- Power talks and events (additional fees may apply) that gather in TBD locations, webinars, on-line classes or blog; to promote fellowship with others who share your value for balance and growth enhancements, peace and life fulfillment.
- Inspirational e-mails with quotes and articles to arouse that search for inner mysteries and purpose.

Get started today with an affordable coaching package.

**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.**