



## Are you ready for Life Coaching?

### Take the Coaching Quiz

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

**1 2 3**

Don't agree at all

**4 5 6 7 8 9**

Somewhat agree

**10**

Totally agree

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

Add up your score and enter it here: \_\_\_\_\_

### 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 and help you develop an action plan for changes you want to make. However you must make the conscious choice to commit wholeheartedly to taking all the necessary actions to 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 want and love.

Take a moment to contact us [carolgcoach@aol.com](mailto:carolgcoach@aol.com) right now for a FREE introductory coaching session to find out what coaching can do for you. This one click can change your life forever.