

IS COACHING FOR YOU?

“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 Tiger Woods 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
Not at all agree Somewhat agree Totally agree

Score

- ____ 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 and willing to overcome self-limiting behavior.
- ____ I am ready to create and take action to achieve my goals.
- ____ I am ready to achieve a sense of fulfillment at work and in life.
- ____ I am ready for more fun and enjoyment in my life.
- ____ I'd like to work less and make more.
- ____ I can benefit from someone who will help me to stay on track.
- ____ Total

See reverse side for scoring

Name: _____

Address: _____

Phone: _____

Email: _____

YOUR SCORE

Under 30

Coaching is not for you right now.

31 to 60

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 coach now, you should decide and commit that you will take the necessary action for your benefit, or you will not make life-changing improvements.

Over 60

You are ready for a coach right now!
You are willing to do whatever it takes
to create the life you deserve and desire.

Please contact Dwayna at 1-802-522-7496 or by email at:
dwayna@newseasoncoaching.com
for a free intro coaching session to find out what coaching can do for you.

SUCCESS COMES WHEN YOU CHANGE WISHING INTO DOING!

www.newseasoncoaching.com

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