

## 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](mailto: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](http://www.newseasoncoaching.com)

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