

HOW DO I KNOW IF I NEED A LIFE COACH?

A. WORD & COMPANY, LLC



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It's hard to know if you need a life coach when you haven't had time to evaluate your life!

Lasting change is what we all desire at various time intervals in our lives, but that's not always easy to obtain. With a life coach you can learn the way to make sustainable changes and grow your personal life or career into what is best suited for YOU! See if now is the time to welcome a coach into your life by answering the following questions:

Am I truly happy most of the time? YES/NO

Do I live and work in a supportive, affirming environment? YES/NO

Do I have a clear idea of my most fundamental interests, talents and values? YES/NO

When I think about my future, do I have a feeling of peace and tranquility? YES/NO

Do people treat me the way I deserve to be treated? YES/NO

Do I feel a connection to something larger than myself? YES/NO

Do I love waking up in the morning? YES/NO

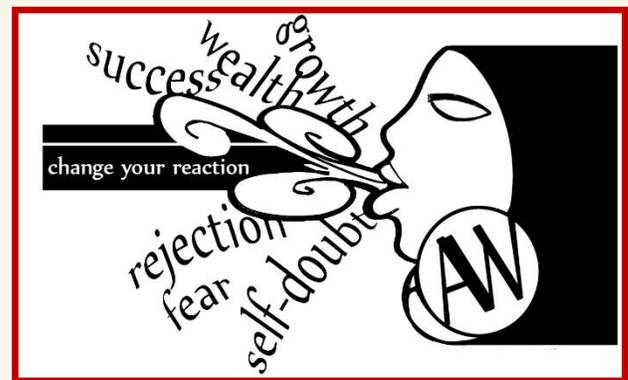
Am I sure that the "success" I am striving for will lead to happiness I desire? YES/NO

Am I excited about my career direction? YES/NO

Am I grateful for everything that I have this moment? YES/NO

Is my mind free of worries, anxiety, regrets and guilt? YES/NO

If my life ended tomorrow, would I be satisfied with who I was, how I spent my time, the relationships in my life and what I accomplished? YES/NO



Chapter 2 Living™

~ Where Emotion & Intelligence Meet ~

If you answered NO to one or more of the questions listed, there is certainly room for growth & change in your life.

There is no better time than the present to consider coaching. This is an investment in YOU!

If you had to list the value of your life and happiness in it, what would it be? Most likely you'd say priceless. Isn't it time to stop procrastinating and invest in you?