



LIVE 4 U COACHING

On a scale from 1 to 10 according to the following scale, rate each of the following statements (if not applicable, score as 5).

1 2 3 4 5 6 7 8 9 10
Do Not Agree Somewhat Agree Totally Agree

After scoring each individual statement, add up your score and check the scoring table below to see if coaching is for you!

- 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 _____

If you scored under 30:

Life coaching is not for you at this time.

If you scored 31-60:

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.

If you scored 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. To get started today, call (732) 626-3359 or email pnstoll@live4youcoaching.com