



### Just Start

Start now. Start where you are.  
Start with fear. Start with pain.  
Start with doubt.  
Start with hands shaking.  
Start with voice trembling, but start.  
Start and don't stop.  
Start where you are, with what you have.  
Just... Start!

Starting something new can often feel unsettling and uncomfortable. You may be at a major crossroads in your life or sick and tired of being sick and tired in any area of your life, but here you are reading about my coaching services. Let's start by answering a few questions. Take a few moments and 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
Don't Agree At All				Somewhat Agree					Totally Agree

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

Add up your score.

**Scored Under 30:** Life Coaching is not for you right now.

**Scored 31 to 60:** Life 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 Life Coach now, you should decide and commit that you will take the necessary action for your benefit, or you will not make lasting life-changing improvements.

**Scored Over 60:** Congratulations! You are ready for a Life Coach! You are willing to do whatever it takes to create the life you deserve and desire. Please take a moment to contact me right now for a FREE introductory coaching session to find out what coaching can do for you. That one click can change your life forever!