



TERRI PRIDAY

COACHING - CONSULTING

## IS COACHING FOR YOU?

“Our chief want in life is somebody who will make us do what we can.”  
-Ralph Waldo Emerson

What do many successful executives, top athletes, and joyful people have in common? They all use coaches 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	

	<u>Score</u>
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-limit 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	_____

Your Score
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### 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.