

Life Coaching Self-Assessment

Do you have the sense that you are not yet living up to your potential?

Do you have a tendency to get so focused on the day to day tasks that you don't take time to look at the big picture, plan and strategize appropriately?

Could you use better strategies to get where you are going?

Do you have a tendency to procrastinate or get overwhelmed?

Do you tend to get distracted or lose your focus frequently?

Do you battle with time and have the sense that there is never enough time?

Are you out of balance, focusing too much on certain areas of your life and not enough on others?

Do you have a tendency to get stuck and then not know how to get yourself on track again?

Do you fear failure? Or success?

Do you lack support structures that would help you to maintain momentum?

Do you lack the confidence or self-esteem necessary to achieve your goals?

Do you have a tendency to sell yourself short, and not make your best effort to achieve what you really want?

Do you have a tendency to get stuck and then not know how to get yourself on track again?

Do you neglect taking action on a regular basis that will move you toward your dreams?

Do you tend to be your own worst critic and a harsh judge of yourself?

One More Question - and perhaps the most important is this ... Are You Coachable? In other words, are you ready to take your life to the next level? Are you ready to take an honest look at yourself and your life or business and make some important changes?