

Am I Ready for Life Coaching? Take the Quiz & find out!

Please take just a few moments to find out if having a life-coach is a worthy investment in helping you live aligned to your God-given design for greatest positive impact.



On a scale from 1 to 10, rate 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

- ___ I am ready to create more harmony in my life.
- ___ I am ready to improve my relationships with God, family, friends, neighbors, co-workers, etc.
- ___ I am ready to make real and positive changes in my life that I know are aligned with my design.
- ___ I am ready to further discover my personal strengths, passions, and my personal contribution to others so I can further live my life's purpose with confidence and clarity.
- ___ I am ready & willing to go deep below the surface to further discover & overcome self-limiting beliefs/behavior.
- ___ I am ready to create plans and follow through with action steps to achieve my goals.
- ___ I am ready to achieve the liberating sense of lasting fulfillment in my life &/or at work.
- ___ I am ready to further live aligned to how I am wired so I truly love who I am & make difference now.
- ___ I am ready to have someone help me see things in a fresh way that moves me toward my goals.
- ___ I am ready to benefit from someone who will help me to stay on track.

Add up your score: _____

Interpreting your score:

Under 30

Life Coaching is not for you right now.

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 growth.

Over 60

Congratulations! You are ready for a Life Coach! You are willing to do whatever it takes to live aligned to your God-given design for greatest joy, impact, and fulfillment. Please take a moment right now to schedule for a **FREE** Discovery Call to find out what coaching can do for you. [Schedule your free 15-min session.](#)



ICF PCC Life-Coach | Trainer
www.tamithorsencoaching.com

"Helping you live aligned to your God-given design for greatest Gospel impact"