



## IS LIFE COACHING FOR YOU?

Answer the following questions honestly. It is important not to overthink the questions, but to go with your gut feeling or first impression.

	Yes ✓	No X
1. Do you lack confidence in various areas of your life?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel stuck and unsure of what to do next?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you lack motivation and feel overwhelmed with your current situation?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you find it difficult to manage pressure and stress?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you think that you might suffer from burnout?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you struggle with procrastination and never seem to complete anything?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are you struggling with your personal or professional relationships?	<input type="checkbox"/>	<input type="checkbox"/>
8. Would you like to improve your communication skills or become more assertive?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you feel that you lack meaning and purpose in your personal or professional life?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you hold certain beliefs that prevent you from setting more challenging goals or taking risks?	<input type="checkbox"/>	<input type="checkbox"/>

*If you have answered YES to any of these questions, then life coaching is for you!*