



## IS TEEN 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 yourself and your abilities?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel anxious about subject and study choices?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you experience test and exam stress that hinders optimal performance?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you find it difficult to control your emotions?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you get angry and irritated easily?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you feel like you don't know yourself?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you find it difficult to communicate and connect with your parents or caregivers?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you feel like no one 'gets you' and what you are going through?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you compare yourself to your peers and feel that you don't measure up?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you feel that you lack the necessary social skills to build positive interpersonal relationships?	<input type="checkbox"/>	<input type="checkbox"/>

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

