

What's Holding You Back? Take This 2-Minute Quiz to Find Out!

Choose the answer that best describes you. At the end, add up your points to uncover your next step!	Points
<p>1. When it comes to making changes in my health and habits, I feel:</p> <p>Excited but overwhelmed—I don't know where to start. (1 point) Frustrated—I've tried before, but nothing sticks. (2 points) Stuck—I know I need change but can't find the motivation. (3 points) Confused—There's too much information out there! (2 points)</p>	
<p>2. What's your biggest struggle right now?</p> <p>I don't have the energy I used to. (2 points) I've lost confidence in my body and abilities. (3 points) I can't seem to create healthy habits that last. (2 points) My weight, metabolism, or hormones feel out of control. (3 points)</p>	
<p>3. When you think about exercise, you:</p> <p>Wish you could find something you actually enjoy. (1 point) Feel like nothing seems to "work" anymore. (2 points) Can't stay consistent, even when you try. (2 points) Avoid it because it feels overwhelming or exhausting. (3 points)</p>	
<p>4. How do you feel about food and nutrition?</p> <p>I get confused by all the advice—I don't know what's right for me. (2 points) I struggle with emotional or stress eating. (3 points) I've tried diets before, but they never last. (2 points) I want to eat better, but I don't know how to make it simple. (1 point)</p>	
<p>5. What's your relationship with self-care and stress management?</p> <p>I don't have time for it. (3 points) I try, but I always put others first. (2 points) I start strong, but I don't stay consistent. (2 points) I know I need it, but I'm not sure what actually works. (1 point)</p>	
<p>6. What would you love to achieve in the next 90 days?</p> <p>More energy and better habits. (1 point) Confidence in my body and choices. (2 points) A stronger, more balanced routine. (2 points) A clear, sustainable plan for my health. (3 points)</p>	
<p>Total Your Score</p>	

Results: What's Holding You Back?

6–8 Points: You're Ready, But Need a Plan!

You're motivated and excited, but feeling overwhelmed by all the options. You don't need another random wellness tip—you need **a clear, step-by-step method** that works for *you*. That's exactly what I teach in **The Breakthrough Method!**

✦ Next Step: Let's create your personal breakthrough plan. [\[Sign up for some time with me here!\]](#)

9–12 Points: You're Stuck in the Same Patterns (But Not for Long!)

You've tried to make changes before, but something keeps pulling you back to square one. The good news? It's *not* your fault. You just need **the right support and strategy** to finally make progress.

✦ Next Step: Join our 5-week group coaching experience to break free. [\[Sign up for some time with me here!\]](#)

13+ Points: It's Time for a Breakthrough!

If you've been feeling **frustrated, exhausted, or just over it**—this is your moment. The way you've been doing things *isn't working*, and that's okay! With the right tools, you can finally stop spinning your wheels and start seeing *real* results.

✦ Next Step: Let's work together to create your breakthrough. Limited spots available! . [\[Sign up for some time with me here!\]](#)

Ready to turn your insights into action? Join other women who've discovered that this is the beginning of their strongest, most energetic chapter in life.

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