



Would you benefit from coaching?

So you are not yet ready for a VIP Coaching Day. That's fine. If you like, and just for your own satisfaction, you could fill this in to see how satisfied you are in your current life? Are you really happy? Is your life and your work fulfilling and nourishing to you? Find out, with this very simple 3 minute test.

Are the following statements true for you? Please just tick 'True' or 'False'.

True	False	
		I have plenty of time to do the things I want.
		I look forward to going to work every day.
		My work is not my life, but it is a rich part of my life.
		At the end of the day I have as much energy as I did in the morning.
		My work and personal life are in balance.
		I have relatively little stress in my life.
		I have plenty of self-confidence and a positive attitude towards life.
		I know clearly where I want to be in one year's time.
		I am not afraid of saying "no".
		I am excited about the future and have a life-plan that inspires me.
		I am clear about my personal and professional goals.
		I make the most of every opportunity I have – I miss nothing.
		I never do something because I feel I should or ought to.
		I don't spend time with anyone who bugs me or who is using me.
		I have no problem asking for exactly what I want, from anyone.
		My boundaries are strong enough that people respect me, my needs and what I want.
		I could die this afternoon with no regrets.
		I am living my life, not the life that someone else designed for me or expected of me.
		I attract success; I don't have to strive for it or chase it.
		Life is easy and beautiful.
		Now just add up the total number of 'True' and the total number of 'False'. If you now feel that perhaps coaching might be interesting for you, email me on info@vipcoachingdays.com