



Would You Benefit from Working with a Life Coach?

A Self-Assessment for Women Seeking Clarity and Growth

Journal about how your ideal life will look:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Instructions:

Answer the following questions honestly. Use a scale of 1-5 to rate each question, where:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**
- **5 = Strongly Agree**

After completing the questionnaire, review your responses to determine if life coaching could support your personal growth and transformation.

Self-Assessment Questions

1. I feel stuck in certain areas of my life and unsure how to move forward.
(1-5) _____
2. I often feel overwhelmed by my responsibilities and struggle with balance.
(1-5) _____
3. I have goals and dreams, but I have difficulty creating a clear plan to achieve them. (1-5) _____
4. I frequently doubt myself and my abilities, which holds me back from taking action. (1-5) _____
5. I wish I had more confidence in making decisions and trusting my intuition.
(1-5) _____
6. I struggle with self-motivation and need accountability to stay on track.
(1-5) _____
7. I want to improve my mindset and break free from limiting beliefs. (1-5) _____

8. I often feel like I'm meant for more but don't know how to unlock my potential.

(1-5) _____

9. I desire a safe, supportive space to explore my goals and challenges.

(1-5) _____

10. I am ready and willing to invest in my personal growth to create a more fulfilling life. (1-5) _____

Results & Reflection:

- **If you scored mostly 4s and 5s:** Life coaching could be a powerful tool to help you gain clarity, confidence, and direction.
- **If you scored mostly 3s:** You may benefit from self-reflection and setting intentional goals. Coaching could provide structure and guidance.
- **If you scored mostly 1s and 2s:** You might already feel in control of your life, but if you ever seek growth or transformation, a life coach can still be a valuable resource.

Would you like to explore what life coaching can do for you? Consider scheduling a discovery session with a coach to discuss your needs and goals.

Your journey to personal empowerment starts today!