

Determine Your Need for a Coach

Criteria for a private coach or group sessions:

Check each box of the symptom or struggle you may be experiencing. Check as many that apply for you or your team. Add your total score and compare to your level of need for a coach. If you feel your number reflects your need, please click on FREE LASERVIEW for more information or contact me directly. There is no obligation to hire a coach at any time.

Do you experience any of the following symptoms?

- Lack or decreased focus
- Disorganization
- Clutter
- Lack of or decreased physical energy
- Lack of or decreased emotional energy
- Lack or limiting results
- Make excuses for not accomplishing and finishing tasks, projects, and goals
- Emotional roller coaster
- Financial confusion or debt
- You are easily distracted or procrastinate
- Avoidance of tasks you know 'should' be done
- Lack of leads or contacts
- Lack or limited team building
- Negative self-talk, Self neglect, or Low deserve level
- Feel lost or wondering behavior
- Lack motivation
- Loss of passion
- You get close to a goal and then resist it
- You obtain a goal, and then loose it or do not move beyond it?
- You feel anxious
- You give up early
- You rescue others
- Fatal character flaws evident (character issues or behavioral problems i.e. alcohol or substance abuse new or increasing, depression, perfectionist, etc)

Total Score = _____

If you scored:

1-3 MILD SABOTAGE: You may be moving along with hesitancy behavior. 1-2 small practices or strategies could be your key to your success. Advise to fill out your information for the free laser view for confirmation and direction of plan. No obligation.

4-10 MODERATE SABOTAGE: You are hesitating more frequently and could use support to break through your routines and thoughts. Complete the FREE LASERVIEW or contact me directly within the next 7 days. No obligation.

11 or more SEVER SABOTAGE: Complete laser view today and contact me directly!! Leave your number of score on my phone! I will put you at the top of my call backs!! No obligation.