

## Could counseling/life coaching be valuable for you?

Rate yourself out of a score of 10.

I feel purposeful \_\_\_\_\_/10

I am satisfied with my life \_\_\_\_\_/10

I am satisfied with my relationships \_\_\_\_\_/10

I am satisfied with my physical health \_\_\_\_\_/10

I feel a general sense of inner peace \_\_\_\_\_/10

I feel rested at the end of each day \_\_\_\_\_/10

I am generally excited about my day when I wake up \_\_\_\_\_/10

I accomplish most of my goals \_\_\_\_\_/10

My life feels organized and uncluttered \_\_\_\_\_/10

I feel like I am living life to my fullest potential \_\_\_\_\_/10

We are created to live life at 100%, anything less is settling.

How did you score out of 100 total? \_\_\_\_\_/ 100

**\*I am ready to take ACTION and enforce purpose into my life!** Yes / No / Maybe

