

The 30 Question Test!

Instructions: The following 30 questions will take no more than 5-10mins to answer. Please answer with the first thought that comes into your head. There are no “right” or “wrong” answers and if you tick the box that you think is the “best” answer then that in its self is an indication that you would benefit from coaching. THIS IS FOR YOU - BE HONEST WITH YOURSELF!

| | <i>Yes</i> | <i>Mostly</i> | <i>Rarely</i> | <i>No</i> |
|---|------------|---------------|---------------|-----------|
| Are you fully alive in all aspects of your life at present? | | | | |
| Are you being your best self in all areas of your life? | | | | |
| Have you set yourself realistic and measurable personal goals? | | | | |
| Have you set yourself realistic and measurable work goals? | | | | |
| Do you always do what you want to do regardless of the fear of failure, success, what others might think etc? | | | | |
| Are there things in your life that you love doing? | | | | |
| Are you mindful not to waste energy doing things that you hate doing or feel obliged to do? | | | | |
| Is there balance in your life at present? | | | | |
| Do you have one thing you would love to do before you die? | | | | |
| Are you committed to and do you believe you will do the thing(s) you want to do before you die? | | | | |
| Are you prepared to do what’s necessary to live without regret? | | | | |
| Is your motto “I’m glad I did” rather than “I wish I had”? | | | | |
| Are you excited by challenge and the possibility of achieving your goals? | | | | |
| Is there fun in your life at present? | | | | |
| Do you have a support network – a “fan club”? | | | | |
| Are you where you want to be in life? | | | | |
| Are you happy in all of your relationships with others? | | | | |
| Would you say that overall you have a positive view of life? | | | | |
| Are you aware of what makes you unique? | | | | |
| Is there meaning and purpose in your life? | | | | |
| Are you always yourself regardless of circumstance/situation? | | | | |
| Do you rarely allow “airtime” to your internal critic/sabotaging voice? | | | | |
| On an overall level are you happy with your life? | | | | |
| Do you live your life according to what you value? | | | | |
| Are you aware of the impact your attitudes and beliefs have in your life? | | | | |
| Does the prospect of self-initiated change excite you? | | | | |
| Do you believe that you are creative and resourceful? | | | | |
| Are you decisive when you are faced with challenging decisions? | | | | |
| Do you seldom allow yourself to settle and stagnate in your “comfort zone”? | | | | |
| Do you value yourself? | | | | |
| Total | | | | |

Scores

Once you have totalled each of the four columns you will know that you answered:

Mainly “No” – You have yet to become aware of your uniqueness and how to harness your potential & personal power that IS lying dormant within you. You would benefit greatly from being coached with tangible results almost instantaneous as one of the biggest benefits from coaching is heightened self-awareness.

Mainly “Rarely” - You are slightly more aware of your potential and uniqueness, however, you are likely to be limiting yourself and possibly settling for mediocrity. Coaching will empower you to push beyond your own self-limiting boundaries and enable you to get more out of life.

Mainly “Mostly” – Your self-awareness is good, you are likely to have invested time and energy getting to know what makes you “tick” and why. Although you have developed this essential aspect of who you are you may be feeling “stuck” due to a lack of action. Perhaps you tend to blame others or circumstance for your current situation in life. With the help of a coach you will learn to accept personal responsibility and formulate your own action plan to move forward & become “unstuck”.

Mainly “Yes” – You are a very self-aware person who accepts personal responsibility for the life you live. You are likely to be action orientated with specific measurable goals on becoming who you are capable of being. While you possibly already have a coach, if you don’t working with a coach will enable you to become the person you are striving to be easily & quickly. (higher level of excellence)

You may have not neatly slotted into one of the above four categories or you may have scored roughly the same in each column. Don’t worry that’s absolutely possible.....remember we are all unique. A good idea would be to look at the questions where you answered “no” or “rarely” and explore, with the benefits of a coach, what that brings up for you.

There may have been one or two of the questions above that got you really thinking. That’s great. What I would highly recommend and urge you to do is seize this opportunity and hire me as your coach – if not now, when?