

Beautiful mind Coach



PLEASE ANSWER THE FOLLOWING POINTS AS HONEST AS POSSIBLE.

THE ANSWERS THAT YOU PROVIDE HERE WILL BE USED AS STARTING POINTS TO BUILD YOUR COACHING PLAN.

I AM GRATEFUL FOR

I FEEL GREAT WHEN I DO THESE THINGS

I FEEL DRAINED WHEN I DO THESE THINGS

I FEEL STRESSED IN THE FOLLOWING SITUATIONS

I FEEL POSITIVE ABOUT THE FOLLOWING THINGS IN MY LIFE

I FEEL I WANT TO CHANGE THE FOLLOWING ABOUT MY LIFE

I FEEL INADEQUATE IN THE FOLLOWING AREAS

I WANT TO DEVELOP MYSELF IN THE FOLLOWING

I LOVE TO READ ABOUT

I AM MOST POSITIVE ABOUT

