

Am I ready to begin audit...

Well done, you've got this far. You have now begun the real and exciting journey of taking steps that make lasting positive change in your life. Just by starting right here, right now and filling in this page. You have decided that accepting things as they are is no longer enough for you.

These few simple questions are going to easily help you to identify if Life Coaching is for you. To help you decide whether this heart centred, you focussed process will be something that you will not only benefit from, but that will bring about lasting change, so you no longer have to cope, put up with, or struggle through dissatisfaction, but embrace your best life.

So, let's get started...

1. Are there relationships in your life that frustrate or upset you, perhaps with a spouse, partner, family member, friend or work colleague?
2. Do you feel as though you are on a treadmill, getting burned out, undervalued or unappreciated?
3. Do you have problems developing long lasting meaningful relationships or wonder why you seem to always be putting in the effort with relationships when others don't do the same in return?
4. Do you feel you are balancing life on a knife edge, keeping too many balls in the air and worried about letting something drop, letting others down, letting yourself down?
5. Have you spent the past few months desiring change, not believing it's possible, daydreaming for better things but feeling they'll never come or 'it'll never happen to you'?
6. Are you just putting up with something right now?

If you have answered 'yes' to ANY of those questions, then life coaching is definitely for you! Using my 10 week package, including face to face or online 1:1 sessions, as well as supporting resources and activities to use at home, you will learn in no time that putting up with the status quo, is not something you have to do at all.

And to help you get started on that journey, here is your first free resource to help you take those first steps. Yes, that's right, it's absolutely free. Simply click the link below.

If you are as excited as I am and already feeling keen to get started with your new journey of purpose then you can book your free chemistry session on my website using the following link: [www.refugehopepurposecoaching.co.uk](http://www.refugehopepurposecoaching.co.uk)

Or you can contact me directly at: [refugehopepurpose@outlook.com](mailto:refugehopepurpose@outlook.com)