

When Performance, Excellence & Results Matter



MAIKEL BAILEY COACHING

Self-Exam for Renewing Your Life Journey

Below is a self-examination quiz that helps you evaluate incidents and events that may still be

affecting you and holding back your resiliency and ability to renew your life.

Score each point from 0 (no longer affecting you) to 5 (strongly affecting still).

Life Event	Yes/No	If Yes, Score 0 (none) to (5 (High)
Difficulty adjusting to personal setbacks		
Difficulty adjusting to professional setbacks		
Difficulty adjusting to a serious personal injury or illness		
Changes in the health of a loved one		
The death of a spouse or another significant loved one		
The death of a spouse or another significant loved one		
Difficulty dealing with marriage challenges		
Difficulty dealing with pregnancy issues		
Difficulty with sex issues		
Difficulty adjusting to a divorce		
Difficulty recovering from a relationship		
Difficulty dealing with feeling isolated or lonely		
Difficulty recovering from an addiction		
Difficulty adjusting to a job loss		
Difficulty adjusting to a new job or position		
Changes in or losses in business		
Difficulty adjusting to financial changes or losses		
Difficulty adjusting to significant life changes		
Difficulty adjusting to a mid-life crisis		
A fork in the road of life with no clue what to do next		
You achieved your dreams and wonder, now what?		
You want to make a new start but don't know where to start.		
Difficulty adjusting to retirement		
Difficulty adjusting to events of betrayal		
Moving past jail or prison time		
Total Yeses		
Total Score		

Key to scoring:

- 0-15: Excellent to good ability to renew
- 16- 30: some significant challenges to renewing
- 31- 50: significant challenges to renewing
- 51 or higher: definite signs of difficulty renewing

Scores 16 to 100, consider getting some assistance so you can move on with your life.

Reflection Questions

What areas of your past are still affecting you and holding you back?

What actions have you taken to help you move on?

How have those actions worked?

Do you have tools to help you resolve these issues?

Do you use these tools regularly?

Are there still issues you must resolve? What are they? (List below.)

If you are ready to take on the personal challenges that are holding you back, I invite you to contact me and discuss your answers and situation. The evaluation is free.

Contact Maikel Bailey at 801.910.5704, email me at maikel@maikelbailey.com, or use my Calendly link to schedule an appointment: calendly.com/maikelbailey.

Thank you for taking the time to evaluate where you are and consider new possibilities. I look forward to chatting with you. All the best.