



IGNITE. INSPIRE. IMPACT.

“Why Hire A Life Coach”

By

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When considering whether or not you should hire a life coach, be sure to ask yourself these questions :

1. Do I want to gain clarity about a particular situation, event or issue?
2. Am I trying to improve my confidence and develop a stronger self-image?
3. Do I want to learn to overcome fears, anxieties and insecurities in order to improve how I feel, see and view the world around me?
4. Do I need help in taking initiative and getting motivated to make changes in my life?
5. Am I facing a life crisis (i.e. death of a spouse/parent, loss of job, divorce etc.) and need assistance in figuring out how to overcome my sadness, grief and despair?
6. Do I need help in creating a roadmap and plan for getting where I want to go?
7. Am I looking for someone to hold me accountable to the changes and actions I need to implement?

If you answered “yes” to any of these questions, then hiring a Life Coach could benefit you greatly.

Be sure to visit inspHERation.com and read about Misti Graham. She is currently studying for a Master’s Degree in Psychology with an emphasis in Life Coaching and is also a life survivHER.

