



ADULT COACHING CHECKLIST

You'd benefit from life coaching if you:

- 1.) Often 2nd guess your decisions
- 2.) Don't know who to trust
- 3.) Struggle with feelings of inadequacy
- 4.) Feel stuck and don't know how to 'snap out of it'
- 5.) Feel uncomfortable in social groups
- 6.) Have trouble speaking in public
- 7.) Feel isolated
- 8.) Find it difficult to strike up or maintain conversations with new people
- 9.) Have difficulty interacting with people of the opposite sex
- 10.) Lack self esteem
- 11.) Play video games so you don't have to speak to anyone
- 12.) Often put things off - Procrastinate
- 13.) Drink or gamble too much
- 14.) Are shy
- 15.) Feel like you're always in a rut
- 16.) Feel resentful of other people's success
- 17.) Feel unappreciated at work
- 18.) Feel lonely
- 19.) Indulge in self destructive behaviours
- 20.) Feel stuck at your job
- 21.) Talk to yourself in a negative way
- 22.) Allow other people to make decisions on your behalf
- 23.) Lack social abilities
- 24.) Feel bullied at work
- 25.) Feel worthless
- 26.) Find it difficult to make decisions

If you've ticked more than five boxes, you would definitely benefit from the services of a Life Coach. They will invite you to have an initial consultation where they will assess your needs and determine how best to address them. Together, you will come up with a plan to move forward.

For further information, please contact David Gillman.

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