



## Is personal coaching right for you?

**Here are some questions relating to the most common challenges my personal clients are facing right now. Just tick any you feel apply to you.**

- 1 Do you ever say to yourself, or feel like you are not good enough or feel like a fraud?
- 2 Do you struggle with confidence when it's your turn to speak at a meeting or networking event?
- 3 Have you ever said, I am too hard on myself?
- 4 Do you feel there is 'more to life than this' but are not sure how to take the next step?
- 5 Are you in a relationship but not in love anymore/or not sure if it's right for you?
- 6 Do you ever 'self-sabotage' when things are going well for you in your personal life or career?
- 7 Do you feel a longing or discontent about one or more of the following; your work-life balance, your relationships, your health, your time, your finances?
- 8 Does resentment, anger or jealousy affect you more than you'd like it to?
- 9 Do you find yourself blaming others, judging or complaining but not doing anything to change your situation?
- 10 Do you know deep down that you need to take action but tend to procrastinate?

**If you answered YES to 3 or more of these questions, let's talk.**

**Book your free 30-minute chat here.**

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