

Are you ready to change?

Ask yourself the following questions honestly.

- 1. Think of the most important aspects in your life that you value. List at least 10. Examples of these may be family, relationships, finance, health, spirituality etc....**
- 2. List the top 8 and rank them in order of importance. Ask yourself**

“What are my priorities?”

“Am I successful/happy in all 8 areas of my life.”

“Am I able to rank each value out of 10”

“What are the pros and cons for each?”
- 3. What do I want to change?**
- 4. Do I have certain ambitions in life that I haven’t started yet?**
- 5. Do I struggle to find a balance between some of the values that I have listed?**
- 6. Do I keep putting things off?**
- 7. Have I tried changing things in the past but something has kept holding me back?**
- 8. Am I able to move forward?**

If you are ready to change and take the next step please call:

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