

# playingwithlove

## New Client Quiz

Here's a little game to see if we are a good fit. I encourage you to be honest with yourself. Score one point for every yes, half for a maybe, and zero for a no.

1. Do you struggle to simplify your life? \_\_\_\_
2. Do you see yourself as illogical and inconsistent? \_\_\_\_
3. Do you feel ashamed or humiliated because of this? \_\_\_\_
4. Are you rarely or never at the centre of your life? \_\_\_\_
5. Do you spread yourself too thin and feel maxed out? \_\_\_\_
6. Do you think you should be more pure, meek or spiritual? \_\_\_\_
7. Do you have stubborn clutter in your life (debt, extra weight, cramped home)? \_\_\_\_
8. Are you stuck in old patterns of striving to be a perfect person or 'good girl'? \_\_\_\_
9. Do you spend a lot of energy pleasing others or overextending yourself? \_\_\_\_
10. Despite material success, do you sometimes feel it's a struggle to even survive? \_\_\_\_
11. Are you trapped in a 'role' so people don't see or recognise who you truly are? \_\_\_\_
12. Do you feel frozen, numb or disconnected from your body? \_\_\_\_
13. Do you criticise yourself if you stray from popular, narrow definitions of success? \_\_\_\_
14. Do you feel your true desires and appetites are inappropriate or unspiritual? \_\_\_\_
15. Do you secretly worry you're broken or too wounded to lead a whole, healed life? \_\_\_\_

Total score = \_\_\_\_

- 0 - 4 You are one emotionally competent, empowered lady! You stand tall and live with integrity; I would love to coach you. But why exactly are you taking this quiz?
- 5 - 8 You are super conscious of your life choices and are probably a little stuck on one of the three steps. With a little tweaking life could be extraordinary beyond your wildest dreams. You are my ideal client.
- 9 - 12 You are a wonderful human being and already taking significant steps to make the most of your life. This is a fantastic place to start from and commit to a radically more fun, honest, authentic and fulfilling life. You are a perfect match for what I do.
- 13 - 15 Thank you for your honesty and please don't be disheartened. You have so much untapped potential within you. I invite you to find support, from me or other coach, to help you flourish and blossom. You are so worth investing in. May I help you?