



**Heart 4 You**  
LIFE COACHING

## Coaching Questionnaire

Are you wanting to boost your confidence?

Are you unsure of yourself and your talents?

Are you overwhelmed by stress and anxiety?

Are you a procrastinator?

Do you feel dissatisfied with your life?

Would you like to feel more in control of your life?

Do you have self destructive habits you want to change?





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Do you have a vision for your life, but don't know how to achieve it?

Are you ready to make positive changes in your life?

Are you healing from a broken relationship?

Are you looking to improve your relationships?

Do you want to have more positive thoughts?

Do you feel you haven't reached your true potential in life?

**Find out how Coaching can change your life,  
book your FREE discovery call today**

