

# CHECKLIST

USE THIS CHECKLIST TO REFLECT ON WHERE YOU ARE RIGHT NOW. YOUR RESPONSES CAN HELP DETERMINE IF COACHING COULD SUPPORT YOUR PERSONAL OR PROFESSIONAL DEVELOPMENT.

TICK ✓ FOR YES AND X FOR NO:

1. DO YOU FIND IT MORE DIFFICULT THESE DAYS TO CONCENTRATE ON A TASK? ☐
2. ARE YOU FEELING STUCK OR UNCERTAIN ABOUT THE DIRECTION OF YOUR LIFE, CAREER, OR GOALS? ☐
3. DO YOU FREQUENTLY DOUBT YOUR ABILITIES, EVEN WHEN OTHERS SEE YOU AS COMPETENT? ☐
4. HAVE YOU NOTICED A LACK OF MOTIVATION OR ENERGY WHEN APPROACHING EVERYDAY RESPONSIBILITIES? ☐
5. DO YOU FIND IT CHALLENGING TO SET BOUNDARIES OR SAY NO, EVEN WHEN IT'S NECESSARY FOR YOUR WELL-BEING? ☐
6. ARE YOU EXPERIENCING A DROP IN SELF-CONFIDENCE OR STRUGGLING WITH IMPOSTER SYNDROME? ☐
7. DO YOU OFTEN FEEL OVERWHELMED OR STRUGGLE TO MANAGE STRESS EFFECTIVELY? ☐
8. WOULD YOU BENEFIT FROM SUPPORT IN DEVELOPING HEALTHIER HABITS OR ACHIEVING BALANCE IN YOUR LIFE? ☐
9. ARE YOU OPEN TO EXPLORING NEW PERSPECTIVES AND WILLING TO TAKE ACTION TOWARD CHANGE? ☐
10. DO YOU FEEL THAT HAVING A STRUCTURED, SUPPORTIVE SPACE TO TALK THINGS THROUGH WOULD HELP YOU MOVE FORWARD? ☐

## COMMENTS

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READY TO TAKE THE NEXT STEP?  
IF YOU'D LIKE TO TALK THROUGH YOUR  
ANSWERS OR EXPLORE HOW COACHING COULD  
SUPPORT YOU, **YOU'RE INVITED TO BOOK A FREE  
15-MINUTE DISCOVERY CALL WITH ALISON  
KELLY.**

**THIS IS A RELAXED, NO-PRESSURE  
CONVERSATION WHERE YOU CAN:**

- ✨ ASK QUESTIONS ABOUT COACHING
  - ✨ SHARE WHAT'S BEEN COMING UP FOR YOU
  - ✨ SEE HOW YOU AND ALISON CAN WORK  
TOGETHER TO SHIFT INTO A MORE POSITIVE,  
EMPOWERED MINDSET
- LET'S EXPLORE WHAT'S POSSIBLE—TOGETHER.
- 👉 **BOOK YOUR FREE CALL WITH ALISON KELLY**



**07516980925**