



COACHING READINESS CHECKLIST



Are you ready to start your coaching journey to find HOPE and Happiness again?

- I am ready to peak out from the stinkiness of life to put my finger on all the things that are not working.
- I am ready to be completely honest with myself about where I am now and where I want to go from here in life
- I am ready to move forward, making whatever healthy changes are necessary to bear more fruit.
- I am ready to do what it takes to learn and grow and/or facilitate the ongoing equipping of myself, my family and others.
- I am ready to invest time, energy, and financial resources as needed to follow through on my commitments and reach my goals.
- I am ready to make intentional choices that are in line with my core values, strengths, and temperament.
- I AM READY TO CALL AND SCHEDULE A TIME TO SEE IF RAYNA IS THE RIGHT CERTIFIED COACH FOR ME.**

take  *heart*
coaching
HOPE FOR WHEN LIFE STINKS