

# Change Agent & Associates

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## Do You Have What It Takes To Break Free Of Your Inner Critic?

Take the Quiz

- ~ Are you committed to your personal development?
- ~ Are you willing to discover/acknowledge places where you might be stuck?
- ~ Are you open to new ways of thinking/viewing the world?
  - ~ Can you accept feedback?
  - ~ Are you open to trying new behaviors?
  - ~ Are you willing to observe yourself in action?
  - ~ Are you willing to change?
- ~ Are you ready to discover and develop parts of yourself that may have been neglected?
  - ~ Are you willing to challenge some of your present beliefs?
    - ~ Are you open to considering new possibilities for yourself?
    - ~ Are you willing to ask new questions?
  - ~ Are you willing to step outside of your comfort zone?
  - ~ Are you willing to not know, not have the answer?
  - ~ Are you open to exploring ideas other than your own?
- ~ Are you willing to let go of behaviors or beliefs that no longer support you?
  - ~ Are you willing to consider new strategies for success?
  - ~ Are you willing to commit time and energy to your own development?

If you have answered "yes" to 10 or more questions I invite you to hop on a call with me where we'll figure out exactly what's holding you back and some simple steps you can take to start to free yourself of your inner mean girl!

Your 30-minute coaching call is waiting, my gift to you!