

# ARE YOU A CANDIDATE FOR PRIVATE COACHING?

Get Ready to Kick Your Inner Critic to the Curb!

## Take the Quiz

- \_\_\_\_ You are done with just dreaming of change, you are READY for real change!
- \_\_\_\_ You are willing to discover/acknowledge places where you might be stuck.
- \_\_\_\_ You are open to new ways of thinking/viewing the world.
- \_\_\_\_ You are open to trying new ways to think about yourself (and others).
- \_\_\_\_ You are willing to observe yourself in action.
- \_\_\_\_ You are ready to discover & develop parts of yourself that have been neglected.
- \_\_\_\_ You are open to considering new possibilities for yourself.
- \_\_\_\_ You are willing to ask yourself new questions.
- \_\_\_\_ You are willing to step outside of your comfort zone.
- \_\_\_\_ You are willing to not know the answer (right away) but work toward it.
- \_\_\_\_ You are willing to let go of behaviors or beliefs that no longer support you.
- \_\_\_\_ You are willing to consider new strategies for success.
- \_\_\_\_ You can commit to being present on weekly calls.
- \_\_\_\_ You are willing to set aside the cost of a few coffees a week to invest in YOU!
- \_\_\_\_ You are ready to accept constructive feedback (and support).
- \_\_\_\_ **You are willing to retire that critical voice, and open to hearing a new voice of self-compassion and empowerment that gets you the results you really want!**

If you've answered "yes" to 10 or more questions, join me on a complimentary coaching call where you will walk away with some tangible takeaway steps toward retiring your inner critic.

**CONTACT ME TODAY!**  
Your Free 30-min coaching call is waiting for you!

*Change Agent & Associates*

JOANNE ROYER, PhD