

TRANSITION LIFE COACHING QUESTIONNAIRE

You've read about the Quitting, Camping, and Climbing at www.transitionlifecoaching.org. Here is a questionnaire for you.

First, consider where you are now. From what you know, circle the place where you consider yourself to be right now.

Quitting

Camping

Climbing

If you're in the “**quitting zone**” you are apprehensive about the challenges that face you. You find comfort in the familiar areas of life and just want to go back to the way things were. Even though they weren't great, at least it was familiar territory and you knew what to expect.

If you're in the “**camping zone**” you just figure that you will just take life as it comes, for better or worse. You don't necessarily like where you are, but you don't know how to make things different.

If you're in the “**climbing zone**” you feel fully alive and aware of your passion and purpose and the steps that it'll take to get you there. You're making progress on your climb through life, one step at a time.

Here are some more specific ways to think about each of the "zones."

Quitting Zone

If you are in the quitting zone you may not even be aware of it. The important needs in your life aren't being met, but you just figure that this is the lot you've been dealt in life and that just isn't a whole lot you can do about it. You probably have some trouble sleeping, and you may have some addiction issues which you use as a means of escape from the issues facing you. You may wake up in the morning with a sense of “it's just another day I have to get through”. You wake, saying, “Good Lord, it's morning” rather than “Good morning, Lord!” You probably have health issues, and may suffer from anxiety. Most likely you are not fulfilled at your job or in your home life. But you put up with it because you feel that there's nothing you can do about it

Camping Zone

If you are like most people, you're trapped in the Camping Zone. You are somewhat lost. You know that most of your needs are being met, but you're doing the same thing day after day and you've lost your sense of passion and purpose. You don't know what it will take to regain that sense of excitement that you once had.

And now you're faced with a major change. Maybe it's a loss of job. Maybe it's a promotion that scares you because you're not sure of all the challenges. Maybe it's your last child entering first grade and you're a stay at home mom or dad with new time on your hands. Maybe it's your last child graduating from high school and now you're an empty nester needing to get to know your spouse in a new way. Maybe it's retirement and you have poured yourself into your job so much that you need to find a new "center." Maybe it's the death of a parent, or spouse, or close friend, and you are forced to think of some of the larger issues in life.

Whatever change it might be, it's time to dream again.

When you enter Transition Life Coaching you'll discover a new passion and purpose for your life. You'll find the power to overcome your challenges. It's like climbing a mountain. Once you discover how to make progress one step at a time, you'll end up with an incredible sense of passion and purpose. You will not only survive, but you'll thrive. Transition Life Coaching will help you discover ways to start to move out of the Camping Zone into the Fully Alive Zone within 3-4 short months. Most people want to continue making progress by being coached for more than 4 months, but a 3-4 month commitment is a good starting point.

Climbing into the Fully Alive Zone

When you're fully alive you are living a fully conscious life that honors and values who you are and what you want to become. You feel a deep sense of living a full and aligned life. You fully recognize the gap from where you are and you know the place you want to be. And you know you're making progress one step at a time, day after day.

Now, circle where you want to be:

Quitting

Camping

Climbing

To get to the Fully Alive "Climbing" zone you need a partner, a believer, a Coach to help you every step of the way. That's what Transition Life Coaching will do for you.

Not fully convinced? Ask yourself these questions:

- Do I feel less "alive" than I did a year ago?
- Do I struggle with the sense that I'm just not living up to my capabilities?
- Is my life run more by things I have to do, rather than things I choose to do?
- Would I benefit from having clear goals that are aligned with my passion and purpose in life, rather than the default ones that are dictated to me by other people?
- Do I want my career to be more of a calling than just a job?
- Do I have a difficult time balancing my life, my job, my family, my friends, and my health?
- Have I gone through a significant change in my life?
- Do I want to know that I'm living the life that I was meant to live?

If you answered YES to more than and 3 of these, then you are ready to enjoy Transition Life Coaching.

What's keeping you from climbing into the Fully Alive Zone?

Email me at eric@transitionlifecoaching.org to schedule a free 30 minute consultation so I can let you know exactly what Transition Life Coaching can do for you.