



## **Now What? Quiz**

**Now What?** 90 Days to a New Life Direction provides a clear and infinitely practical ninety-day program to discover a new direction for your life. To help you get an early indication of where your blocks to clarity may be, and to prepare you for what's to come, take the following assessment.

### **WHY CAN'T I FIGURE THIS OUT?**

Being unable to see what's next for you and your life's direction could be a reflection of many different blocks. Answer the questions on this checklist truthfully to find where the blocks may be for you. Mark those statements that are true for you. Each section focuses on a particular unit of the program. The items you check will facilitate where the Now What Program will help you most.

#### **Section A:**

##### **TRUE**

- My life is chaotic and out of control
- I have no time for the things I really want to do
- I have interpersonal conflicts in my workplace or at home
- My home and/or office environment is cluttered and not conducive to good work
- I am the sole provider or caretaker of my immediate and/or extended family

#### **Section B:**

##### **TRUE**

- I have trouble seeing myself doing anything else with my life
- I have prided myself on my position and reputation
- I have put years of investment into my current work or life role
- I feel my position or role gives me approval and admiration from those around me
- I feel that what I do reflects positively on my family and others around me

#### **Section C:**

##### **TRUE**

- I have a list of fears and reasons why I can't make a change right now
- I perceive negative consequences to making any radical change now
- Money fears are a major consideration in my thinking now
- I question my ability to do anything else
- I worry that my age could get in the way of being able to make a change

**Section D:**

**TRUE**

- I feel lost and off-track, but can't really say specifically what the problem is
- I had or have a dream (or dreams) I have yet to fulfill
- There are things I used to enjoy and excel at that I don't get to do now
- I have a hobby or volunteer interest that I wonder about making into a career
- I have a repeating pattern of failures or mishaps in my work and/or relationships

**Section E:**

**TRUE**

- I want to do something more meaningful or feel like life has more meaning for me
- People are always telling me I should do or be x,y,z, but I never really feel motivated to move on it
- I am not necessarily aware of the impact I have on people and my community
- I wish I knew how I and/or my work fit into the grand scheme of things
- I often long to know how I can make a difference

**Section F:**

**TRUE**

- I have ideas about what I'd like to do, but I'm not sure how to go about them
- I am not exactly sure what would make a job or role satisfying for me
- I vacillate between a few future possibilities but have yet to decide
- I am not sure if I can find something to do that fits my values
- I want to be certain before I make a move that it will work out

**Section G:**

**TRUE**

- I dread looking at my money situation
- I already live beyond my means and wonder how I could ever support a change
- I have been financing a lull in work activity
- I do not have a money plan for making a transition
- I am convinced that any change would mean a step backwards financially

**Section H:**

**TRUE**

- I am a realist
- I avoid any strategy that is not logical and almost certain of desired outcome
- It's hard to invest in things I cannot see or touch
- I tend to need external proof before trusting someone or something
- I take on new ideas slowly

### **Section I:**

#### **TRUE**

- I tend to do more for the people around me than they do for me
- I find it hard to ask for help
- I often drop what I am doing when someone else needs my help
- I wish I had more of a personal and professional network to tap into
- There are people in my life who doubt me or think I am crazy to make a change

### **Section J:**

#### **TRUE**

- I have no plan for transitioning to something new
- I find it hard to manage many projects at once
- I tend to make progress on projects in spurts instead of being consistent
- I tend to lose interest if I come up against roadblocks when I am executing a plan
- I have a lot of ideas that I have done nothing about (projects, jobs, products, arts)

### **Tips:**

- Take note of which sections you scored 3 or more True's in.
- Where you had 3 or more positives you will get coaching and exercises to cut through any resistance or bad habits keeping you off track.
- You will gain certainty, develop a plan of action, and get support in getting on your Right Track.
- If you are ever stuck or unclear during the Now What? Program, Theresa-Maria will show you the way in a straight-forward and compelling way to be your best and have the best!

Enrolling in the Now What! Program with Master Coach Theresa-Maria, will certainly give you tools and skills to empower you in choosing what's next for you.

For more information on the Now What! Program, please contact Theresa-Maria (T-M) at <http://www.rightrackcoaching.com/contact.html> or by email at [info@rightrackcoaching.com](mailto:info@rightrackcoaching.com)