

LIFE'S A STRETCH

THE QUIZ IS DESIGNED TO GIVE YOU AN INSIGHT ON HOW YOU ARE DOING RIGHT NOW, WHAT NEEDS TO CHANGE AND HOW YOU MIGHT ACHIEVE IT.

Explore your path to self-discovery through the following questions and assess your journey by answering each question with a simple **YES** or **NO**

		Y	N
01	Have you been able to tap into your intuition and incorporate it into your decision-making process, leading to more confident choices?	<input type="checkbox"/>	<input type="checkbox"/>
02	Are you able to recognize and understand a wide range of emotions, allowing you to navigate them with greater ease and wisdom?	<input type="checkbox"/>	<input type="checkbox"/>
03	Does your daily routine prioritize your overall well-being, ensuring that you take care of yourself physically, mentally, and emotionally?	<input type="checkbox"/>	<input type="checkbox"/>
04	Do your actions and choices consistently align with your core values and principles, fostering a life of authenticity and integrity?	<input type="checkbox"/>	<input type="checkbox"/>
05	Are your relationships often harmonious, fulfilling, and based on mutual support, respect, and understanding?	<input type="checkbox"/>	<input type="checkbox"/>
06	Do you find it easy to stay grounded and present in the moment, reducing worries or anxieties?	<input type="checkbox"/>	<input type="checkbox"/>
07	Do you approach yourself and others with compassion, understanding, and acceptance, without being judgmental?	<input type="checkbox"/>	<input type="checkbox"/>
08	Are you confident in expressing your true self, setting boundaries, and asserting your needs in various areas of your life?	<input type="checkbox"/>	<input type="checkbox"/>
09	Do you often experience deep and lasting happiness, finding joy and fulfillment in different aspects of your life?	<input type="checkbox"/>	<input type="checkbox"/>
10	Are you adaptable to change, able to navigate transitions, and embrace new opportunities with resilience and grace?	<input type="checkbox"/>	<input type="checkbox"/>

Your "YES" Score: _____ Your "NO" Score: _____

HOW DID YOU DO?

Your "Yes" Score:_____ Your "No" Score:_____

Hello,

If you enjoyed the Life's A Stretch quiz, then my book might be of interest to you. I wrote the book with the belief that anyone can incorporate the principles of yoga into their daily lives to cultivate greater connection and freedom, even during challenging times.

If you answered YES to most of the questions, it seems like you're making progress in designing the life you desire. Working with a coach can assist you in developing a strategy to stay on your chosen path.

However, if you answered NO to most of the questions, it may be worth evaluating your situation to determine if you're ready to begin working towards creating the life you truly want. What would you like to start with first?

As a certified life coach and yoga teacher, I've supported numerous individuals using yoga, mindfulness, and coaching techniques that inspire self-discovery and foster trust in one's inner voice. These tools can bring more joy and harmony into your life. Coaching can lay the groundwork for personal transformation and empower you to approach your endeavors with courage and confidence. It can provide guidance as you navigate the challenges that accompany the pursuit of change.

Would you like to discuss this further? Email tracycarruth1@gmail.com

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