Holistic Life Coaching Quiz

Are Holistic Life Coaching and Healing Right for You?

Explore the possibilities AND learn a valuable holistic coaching secret for making positive choices in any area of life...

AWAKENINGS INSTITUTE

Drs. Phillip & Jane Mountrose, Founding Directors
Consider these 5 thought-provoking questions...

1. Are you interested in keys to accelerated personal and spiritual growth?
   We're all here to live fully and grow and effectiveness with coaching and healing starts with you. The good news is that you can save months, years, even decades of suffering and shift into a new reality where positive possibilities, love, joy, and ease abound.

2. Do you want to make a difference in peoples' lives and in the world?
   Maybe you sense that you have a purpose, something that fulfills you and makes you feel most alive. If you imagine being at the end of your life, notice what might stand out as being important. This is a simple way to clarify the direction you want to take now.

3. Would you like to have a life-changing toolbox of approaches and techniques you can use for the rest of your life?
   Imagine how it will feel to have resources you can use to improve your life, the lives of those you love, and if desired, the lives of those you choose to support as a certified holistic life coach and healer.

4. Do you dream of supporting others individually, teaching classes or seminars, writing, creating audios and/or videos, speaking, or with some combination of ways?
   Holistic life coaches and healers have a wealth of ways to reach others in the 21st century. You can work at home or in an office, use the telephone and teleclasses to connect people around the world with the internet, create audios and videos, publish ebooks on amazon.com or in print, and more.

5. Do you feel that this is your time for change?
   Change often feels risky, frightening, and confusing. This is one of the biggest reasons people settle for unsatisfying lives. Oprah Winfrey said she's noticed that people only make powerful changes in their lives when they decide that their time is now and we've found this to be true, too. A helpful question here is "If not now, when?"

Doing what you love is the cornerstone of having abundance in your life.

- WAYNE DYER
A Profound Way to Evaluate Your Responses

Congratulations on taking a few minutes to consider the questions!

Now for the fun part - evaluating your responses. Rather than devising a superficial scoring system, you can access the simple truth within you. This is also a mini coaching lesson you can use to find the right direction to take in virtually any area of life.

Here's all you have to do...

1. Prepare Yourself.
   You're here to live fully, feel vibrantly alive and grow. The things that have the most aliveness are the right things for you.

   As you prepare to evaluate your responses, you want to put yourself in your most resourceful state, right? To do this, set aside any fears or doubts for a moment. Know that if coaching and healing is the right path, you can overcome any challenges that might stand in your way. Focus instead on noticing the energy you feel in your body and in your heart, the center of your being, as you answer some questions.

2. Answer Three Simple Questions
   Now, with the possibilities described in the survey and your heartfelt desires in mind, ask yourself these questions:

   1. On a scale of 1 to 10, when you imagine pursuing holistic life coaching and healing for your personal growth and if desired, for serving others professionally, how alive do the possibilities make you feel?

   2. On a scale of 1-10, if you imagine staying where you are and NOT pursuing your desire to become a holistic coach and healer, how alive do you feel now?

   3. On a scale of 1-10, noticing the difference in your response to these questions, how important is it to pursue your desire to become a holistic life coach and healer?

3. Evaluate Your Responses
   Do you feel clearer about your direction now? We hope so, because you deserve to experience all the joy that life can bring.

   Holistically, aliveness is the ultimate key in life. Repressing your aliveness, your life energy, is like a slow death. We all know people who are alive but not really living. We also innately understand it's not what we were born for.
Now For Your Next Step

If you noticed a big difference between the aliveness you feel when you imagine pursuing your desire and repressing this desire, you probably feel clearer about where you want to go. Amazing, isn't it?

At best, life is an exciting adventure. As Joseph Campbell once said:

*The big question is whether you are going to be able to say a hearty "yes" to your adventure...*

We hope so, wherever your aliveness and joy for life may take you. If your direction in life includes coaching and healing, the natural question is:

"Want to learn more?"

We'd be delighted to help you to explore your possibilities and answer any questions you may have. It's easy. Just follow this link to schedule a time to talk with Phillip Mountrose at timetrade.com:


You can also contact founding directors Drs. Phillip and Jane Mountrose at Awakenings Institute. Email us at holistic@gettingthru.org or call us at 805-931-0129 between 9 am and 6 pm PST Monday through Friday.