

# Finding Your Leak

It's time to diagnose

Date: \_\_\_\_\_



Answer the following questions as honestly as possible

1 What 3 activities do you find yourself routinely avoiding?

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2 When do you feel the most overwhelmed or stressed?

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3 Is there a recent situation where you felt disappointed or unfulfilled?

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4 Is there something you used to do that you no longer find time for but still miss?

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5 What part of your life feels out of control or neglected?

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6 Who in your life drains your energy?

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7 What fears are holding you back from making changes?

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*Let's move from surviving to thriving one leak at a time. Book a discovery call TODAY!*



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