



SHOULD I BE WORKING WITH AN ENERGY HEALER?

“No matter where we live on the planet or how difficult our situation seems to be, we have the ability to overcome and transcend our circumstances.”

~ Louise L. Hay

Rate each of the following statements using the rating scale below and then total your scores at the bottom.

1 2 3 4 5 6 7 8 9 10
 Disagree Somewhat agree Totally agree

Your Score

I am ready to explore all my options for getting well, mentally, physically & emotionally. _____

I am ready to become empowered and make well-informed choices that will help me create the life I desire and deserve. _____

I am ready to explore the limitations that may be holding me back from better health. _____

I am ready to discover effective coping mechanisms so that I may deal with and change my current limitations. _____

I am highly motivated to take positive action to achieve my goals. _____

I am ready to achieve a sense of control over my health and my life. _____

I am ready to make real and positive changes in my health and my life. _____

In addition to my health there are other areas of my life I'd like to improve. _____

I feel it would be beneficial to have someone who will help me stay on track and reach my goals. _____

Your Total _____



INTERPRETING YOUR SCORE

Under 30

Working with an Energy Healer is not for you at this time.

31 to 59

Working with an Energy Healer can assist you in looking at your health and healing from a new perspective as well as assist you in developing a solid plan for recovery.

However, if you decide to work with a Health and Wellness Coach, you should *decide and commit* that you will take the necessary action for your benefit so that you can achieve the life changing improvements you desire.

59 and Above

Congratulations! You are ready to work with an Energy Healer right now. You are willing to do whatever it takes to create the health and life you deserve and desire.

IT'S TIME TO TAKE THE NEXT STEP

Request your complimentary
"Get Your Health Back Now" discovery session by [clicking here](#).

Still have questions? Visit [my website](#) for more information about working with me.