

How to get anything you want *and how to achieve it*



LESLEY STRACHAN COACHING & TRAINING

Life's too short to live a life that isn't working for you!

To discover what you want in life and how to achieve it you need to have clarity. By getting clarity you can focus on the things that matter to you, and silence your self-limiting thoughts.

Imagine how great you'd feel if you knew exactly what YOU wanted and how to achieve it.

By asking yourself these 7 questions you'll find out if you're on track to get anything you want in life:

On a scale of 1-5 rate your feelings in the following areas:

1

Finances - Are you satisfied with what you're earning?

1 2 3 4 5
Very dissatisfied Dissatisfied Neutral Satisfied Very satisfied

2

Job or career - Are you satisfied with your job or career?

1 2 3 4 5
Very dissatisfied Dissatisfied Neutral Satisfied Very satisfied

3

Relationships - How are all your relationships e.g. supportive, loving & empowering?

1 2 3 4 5
Very poor Poor Average Good Excellent

4

Fun & Recreation - Do you find enough time to do things that make you happy?

1 2 3 4 5
Never Not often Neutral Occasionally Always

5

Personal goals - How good are you at upskilling and developing yourself?

1 2 3 4 5
Very poor Poor Average Good Excellent

6

Fitness & Health - Do you exercise, eat good food, and drink lots of water?

1 2 3 4 5
Never Not often Neutral Occasionally Always

7

Community - Do you help others and make a difference to their lives?

1 2 3 4 5
Never Not often Neutral Occasionally Always

HOW DID YOU GET ON?

It's time to add up your scores (drum roll please)!

If you scored 4-5:

Congratulations - Keep doing what you're doing

If you scored 2-3:

You don't yet have the clarity to get what you want in life just now. Improving these areas will make your life feel more balanced

Tip: Work on getting some clarity by deciding what you want in your low scoring areas

If you scored 1: Focus your attention on improving this area. Because it's costing you the life you could enjoy, if only you knew how.

Tip: Life is too short to drift without purpose. Would you like to see your life from a new perspective?

Congrats!

TO YOU

You are now aware of the 7 areas of your life and whether you are on track or not.

I expect you've identified some areas of your life that are going well, and discovered some opportunities for improvement.

This is your first step towards finding your direction in life and deciding what you want.

Room for improvement? Getting started is simple:

1

Sign up for a course

Courses run every six weeks.

2

Learn skills

Proven tools and techniques

3

Create your life

Enjoy a fulfilled and happier life.

**[CLICK HERE](#)
to get started for FREE TODAY**

lesley@lesleystrachan.co.uk

07739 172447

LESLEY STRACHAN COACHING & TRAINING