

Finding Your True Self

This assessment is designed to identify areas where you are living by default rather than designing your life. Read the statements below and score yourself between 1 (not true) and 4 (very true for me). These answers are not saved, so you can answer honestly. The higher your score, the more likely your true self is hidden, and you are not a priority in your life. You could benefit from working with a life coach. I'd be happy to support you. Together we can design a plan to get you back to being you.

Schedule a free no obligation consultation here

<https://www.pasadacoaching.com/contact>



Self-Care

“Selfcare is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.” Parker Palmer

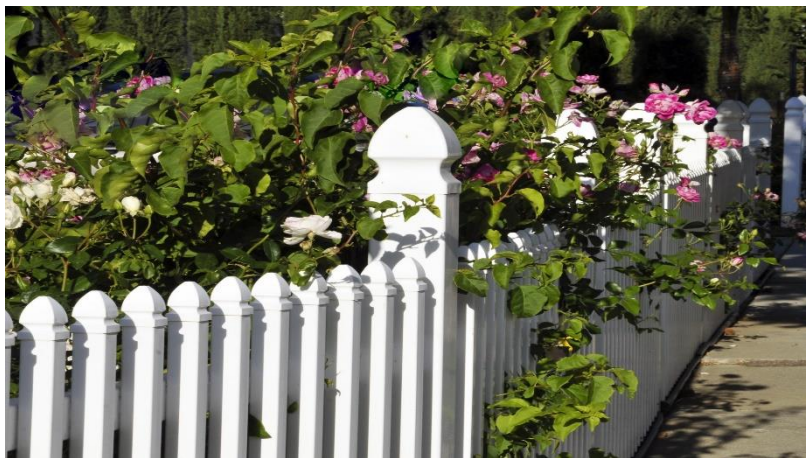
- Can you list your needs and wants? Does asking someone for help feel hard? Impossible?
 - Are you the last person that you worry about meeting their needs?
 - Do the words “not enough time” or “selfish” come up when you think of doing something for yourself?
 - Do you feel a knot in your stomach when you put yourself first?
- Check your breath—are you holding it?



Boundaries

“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.” Brené Brown

- Do you struggle to set limits about what is and isn't okay with you, especially if it feels like doing so will hurt someone you love?
- Do you say things like “It's okay” or “No big deal” even when you can feel resentment building?
- Do you say yes even when every fiber of your being screams no?
- Does speaking up, offering an opinion or idea, or disagreeing feel risky? Do you fear being judged? Does it feel better to go along to get along?



Emotional Intelligence

“Rarely do we consider our bodies in our social and emotional life. But really the body is the seat of a powerful intelligence that helps you navigate your most important experiences and relationships.” Amanda Blake

- Is it difficult for you to know what you’re feeling in real time? Do you struggle to recognize what you are feeling and experience it in your body?
- Do you over manage situations to eliminate any possible triggers for fear feeling out of control?
- Do you avoid vulnerability because you think it is a deficit or weakness?
- Do you demand perfection from yourself?



Purpose

Both in work and play people want to make a meaningful contribution to the project, company, community, and world. Yet purpose goes beyond our doing and into our being.

- Do you lack vision for your life? Are you just trying to get through each day?
- Are you willing to settle to fit in with others even if you know it requires you to not be real?
- Are you willing to play small and stay small to feel safe? At work? At home? With friends?
- Do you want something bigger and better for yourself, yet you create barriers that keep you from achieving it?

Alignment

“People who live a life of purpose have core beliefs and values that influence their decisions, shape their day-to-day actions, and determine their short- and long-term priorities.”

Frank Sonnenberg

- Can you name three core values you use to navigate your life?
- Do you find yourself ignoring your values to serve someone else's needs?

Living as your whole self means taking care of yourself, naming, and claiming your needs, using your voice, and recognizing your fears, assumptions, and strengths. Together, we can create the life you want—not what you think is possible, but what you desire. I am here when you are ready to start. I look forward to hearing from you –Jody 206-550-5500 or www.pasadacoaching.com/contact