



BECAUSE EVERY DAY IS AN OPPORTUNITY

WHAT CAN'T I TAKE ANYMORE?

If you connect with any of the following questions, you must decide whether you want to make yourself happier and your life more fulfilling. If your answers to the following questions are mostly “yes” or “often”, it’s time to consider making some positive changes in your life. You have the power to make choices for yourself. You have the right to live a great life. It’s never to let to get happy!

1. Do I feel dread when I wake up each morning or have to face a particular person or situation?
2. Am I at a fork in the road and don’t know which way to turn next?
3. Do I want to make some changes in my life but don’t know how or have the confidence or courage?
4. Do I struggle with knowing who I am or what I want for my life or career?
5. Do I not know what my life purpose is?
6. Do I know what I want or have to do but struggle with pursuing and achieving my goals?
7. Have I “let myself go,” in that I no longer take care of myself physically, mentally or emotionally?
8. Do I tend to have perfectionist, people-pleasing tendencies?
9. Do I let people take advantage of me?
10. Does my life need to be more balanced?
11. Do I find it challenging to give myself some “me-time”?
12. Have I lost my passion?
13. Do I think that I may never have found my passion?
14. Am I frustrated as heck and unhappy that I just can’t take it anymore?!
15. Do I think I don’t have the time for coaching?

What really affects our time management abilities?

1. The inability to say “no”.
2. Perfectionism or procrastination tendencies.
3. An unwillingness to delegate.
4. Not implementing organization techniques.

Do you portray any of the above behaviors? If so, realize that the situations you experience can be different.

Nancy can help guide you to manage your life more effectively. Call or e-mail Nancy today at **724-759-7325** or

nancy@silverliningsolutions.com.

Nancy Stampahar, founder of Silver Lining Solutions, is the author of the award-winning book, *peace, love and lemonade: a recipe to make your life sweeter*. Her business provides life coaching, organizational development consulting, professional development training and speaking services. Please visit: www.silverliningsolutions.com and www.peaceloveandlemonade.com

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