



Quality of Life In Awe Foundation, Inc.

First Name * Last Name * Your Phone * Your Email *

I'm not a very positive person. * I usually wake up with a sense of dread about beginning *

I seem to have many regrets. * I'm often jealous of other people. *

I hate my job. * I'm not as happy as other people. *

I have many fears. * I'm often moody and/or depressed. *

I worry a lot. * I seem to have bad luck. *

I often have thoughts that begin with "If only ..." *

I'm insecure. * I'm often too negative. *

I've had one or more panic attacks in the past six months * I usually don't feel that I'm as good as other people. *

It feels like life is a constant struggle. * Something always goes wrong. *

I have many self-doubts. * I'm a procrastinator and/or not sure "how" to get started with a project. *

I'd much rather be safe than sorry. * I waste too much time. *

I often find myself "what-iffing." * I'm often anxious or tense around others. *

In relationships - I often feel competitive. * I suffer from unexplained physical difficulties. *

I often have nightmares. * I've been treated for anxiety or depression. *

I always expect the worst. * I don't have many interests or hobbies. *

I get bored easily. * I spend too much. *

I'm not a good listener. * I have no willpower. *

I always feel tired or told I am lazy. * I watch too much TV. *

I attract people who don't respect me and/or am in an abusive relationship. *

I have a hard time saying no to others. * I don't sleep well *

I often hold grudges. * I fear getting older. *

My looks are too important to me * I have trouble falling asleep. *

I'm stingy. * I often drink too much. *

I don't adjust well to changes. * I can't stay focused at work. *

I'm not very efficient. * I'm always finding fault in others. *

I'm always feeling rushed, like there's never enough time. * I don't consider myself an emotionally strong person. *

I never have enough time for "me". *

Would you like to find out more about our other services? * Would you like to become one of our Recovery Life Coaches? *

Would you like to be included on our newsletter(s) or other social media platforms: (Facebook, LinkedIn, Twitter)? *

Would you like to prefer someone for 15 minute S.P.O.T @ Coaching session by getting 5% discount?

If yes, please add his/her info



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