



A CHECKLIST QUIZ FOR MOMS

IS YOUR YOUNG ADULT FEELING LOST ABOUT THEIR FUTURE?

CHECK THE BOX FOR "YES"

- 01** Do you worry your son/daughter doesn't have a clear direction for their future?
- 02** Does your young adult seem to lack confidence in their abilities and potential?
- 03** Are you concerned they're heading toward burnout, stress, or overwhelm?
- 04** Do you worry they're choosing friends or relationships that are not in their best interest?
- 05** Do you find yourself lying awake at night wondering if they're going to be okay?
- 06** Are you concerned they may not be able to support themselves financially?
- 07** Have you tried everything you can think of - and nothing seems to be working?
- 08** Do you worry you've pushed too hard or maybe not enough?
- 09** Do you feel exhausted from worrying and don't know where to turn?
- 10** Do you wish someone they trusted could help steer them in a positive direction?

HOW MANY DID YOU SAY "YES" TO?

If you answered YES to 5 or more of these questions, I can help.

Of, if one of these is totally driving you crazy and you want to change your X -
I can help.

Text me at **480-694-5678** to schedule your **free Mini Session**.
Bring me one problem, one thing you want help with and I'll coach you on it.

It's that simple.

