

A QUICK SELF-ASSESSMENT

Is It Time for Your Next Chapter?

A five-minute readiness guide for anyone wondering whether now is the moment to get real support around purpose.

“You don't need certainty to begin. You need one honest look at where you stand.”

PREPARED BY

Zen Boutique Life Coaching

SECTION ONE

The Check-In

Answer honestly, not aspirationally. There are no wrong answers here — only useful ones. For each statement, mark whether it feels true for you right now.

1.	I've achieved things I once wanted, but something still feels unfinished.	Yes	No	Sometimes
2.	I catch myself asking “what now?” more often than I used to.	Yes	No	Sometimes
3.	I feel busy, but not necessarily fulfilled.	Yes	No	Sometimes
4.	I've quietly outgrown a role, routine, or identity that used to fit.	Yes	No	Sometimes
5.	I know people come to me for something specific, but I haven't named it.	Yes	No	Sometimes
6.	I think about a bigger change, then talk myself out of it within the hour.	Yes	No	Sometimes
7.	I would describe my current chapter as “coasting” rather than “choosing.”	Yes	No	Sometimes
8.	I want more clarity, but don't know where to start looking for it.	Yes	No	Sometimes

WHAT YOUR ANSWERS MEAN

If several of these landed as “Yes” or “Sometimes,” that's not a diagnosis — it's a signal. It usually means the groundwork for your next chapter is already there, waiting for a little focused attention.

SECTION TWO

What Purpose Coaching Actually Does

It's worth being clear about what this work is, and isn't, before deciding if it's right for you.

It is not:

A quick fix, a personality test, or a promise that everything will suddenly make sense after one conversation.

It is:

A structured space to get honest about what's been holding you back, reconnect with what actually matters to you, and leave with a real next step — not just more to think about.

Three questions worth sitting with before your first conversation with a coach:

What would it cost me to keep waiting another year?

What's one thing I already suspect, but haven't said out loud?

If I'm honest, what's actually stopping me — fear, time, or clarity?

SECTION THREE

Your Starting Point

A short reflection to bring with you, whether that's into a coaching conversation, a journal, or simply your own thinking this week.

The word I'd use to describe where I am right now is:

The word I'd like to be able to use six months from now is:

One thing I already know, deep down, that I haven't fully admitted:

BEFORE YOU CLOSE THIS GUIDE

This guide is meant to be a starting point, not a finish line. If it surfaced more than you expected, that's usually a sign you're closer to your next chapter than you thought.