



"Unlock Your Wellness Potential: Is Holistic Health Coaching Right for You?"

Curious to find out if private health coaching could make a positive impact on your life? Take this quick quiz to see if you're a potential candidate for my personalized holistic health coaching program!

Section 1: Well-being Awareness

How well do you feel you understand the interconnectedness of physical, mental, and emotional well-being?

- a) I recognize their strong connection and value their harmony.
- b) I'm aware of the connection, but I could use more guidance.
- c) I haven't given much thought to their relationship.

Have you struggled with maintaining a balanced and healthy lifestyle?

- a) Yes, I've faced challenges in keeping a consistent routine.
- b) Occasionally, I'm looking for ways to improve my habits.
- c) Not really, I feel fairly balanced.

Section 2: Goal Setting and Progress

Are you looking to set and achieve meaningful goals in different aspects of your life?

- a) Absolutely, I'm eager to work towards positive changes.
- b) I'm interested, but I often struggle with staying motivated.
- c) I'm content with where I am right now.

How comfortable are you with making gradual changes to your habits for lasting results?

- a) I'm open to making small shifts to create positive changes.
- b) I'm willing to try, but I prefer quick fixes.

c) I prefer drastic changes for quick results.

Section 3: Self-Care and Stress Management

Do you prioritize self-care activities to manage stress and enhance your overall well-being?

a) Yes, I regularly engage in self-care to stay balanced.

b) Sometimes, but I could use more structure in this area.

c) Not really, I often overlook self-care practices.

How interested are you in learning holistic techniques to manage stress and promote relaxation?

a) Very interested – I'm actively seeking effective stress management strategies.

b) Somewhat interested – I'm open to exploring new methods.

c) Not very interested – I have my own ways of managing stress.

Yay! Your results 🥳

Count the number of "a," "b," and "c" answers you selected.

- **Mostly "a" answers:** Holistic health coaching could greatly benefit you! You're open to the holistic approach and eager to make positive changes for your well-being.
- **Mostly "b" answers:** You might find value in holistic health coaching. Our program can provide guidance and support as you work towards a more balanced and healthier lifestyle.
- **Mostly "c" answers:** While holistic health coaching might not be an immediate fit, you can still explore and benefit from holistic practices at your own pace.

Remember, this quiz is a tool to gauge potential benefits. Your journey is unique, and we're here to support you no matter where you are in your wellness path.

Please [book a free call](#) to learn more about personalized holistic health coaching can benefit your lifestyle.

I look forward to hearing from you!

Talk soon,

Ali

Ali Naglee

Certified Holistic Health Coach, CIHC

Ali Naglee Wellness

ali@alinagleewellness.com

www.alinagleewellness.com