

Working to Capacity!

Feeling unsure if you are working to capacity? Not even sure what that phrase means to you, for you?

Take 2 minutes out of your busy day to think purely about **YOU!**

Why?!

Because that nagging feeling that there is more to life than you've been experiencing is not going to go away.

Because if you are looking for a place to start that certain something new this is it.

Because you were born for a reason, to serve a purpose beyond present day activity and time's moving by fast.

Why? Why Not?!

Take the 2 minutes....for YOU....it's painless, it's thought provoking and it may just be catalyst you need to get you moving again!

ICON LEGEND:














































☹ = No, nope, no way, prefer to remain as is

😐 = Not sure, confused but thinking

😊 = Yes! Committed to making a change for the better

Working to Capacity! Quiz

Where are you in the following statements:

1. Feeling completely in the right place in your life?!   
2. Looking for a definition of what "it" is all about?!   
3. Wondering if this is as good as it gets?!   
4. Dreaming about a bolder you?!   
5. Wishing for a second chance already?!   
6. Diligently working toward your life's purpose?!   
7. Scared of and exhilarated by thoughts of success?!   
8. Wanting to change old beliefs that no longer serve you?!   
9. Quietly believing you're capable of great things?!   
10. Unable to explain random moments of joy?!   
11. Writing out your own prescription for happiness?!   
12. Willing to stand in the middle of fire with someone you love?!   
13. Experiencing humour in traumatic times?!   
14. Walking your own talk these days?!   
15. Feeling there's hope in spite of yourself?!   

So, where would you like to be?

Working to Capacity! Results

If you scored within the range indicated for the following numbers, here's where you are at:

- 1-12 😊 = You're already on your way...but sense that you've missed something. You might want to consider contacting a coach for objective assistance.
- 1-12 😐 = Hmm, looks like you're pretty much on the fence at this point in your life. It wasn't a good place for Humpty Dumpty, how is it working for you? A good opportunity to consider working with a coach to identify opportunities for change.
- 1-15 ☹️ = Ouch, sometimes life is difficult and with imposing obstacles. And it doesn't have to be. Know that you have options. Consider coaching as one of them.

For most people, your truth resides somewhere in the middle – you've been working hard at creating a life that addresses your basic needs, perhaps provides for others close to you. You may be fortunate enough in satisfying immediate interests while building for your tomorrow.

But is it the tomorrow you truly desire? What of all those questions that pop up in your mind when you least expect them? Questions about the higher meaning of it all? Of your capacity for more?

Satisfy that inner voice and call **courage**. Let it speak to your true callings. Start working to your capacity NOW.