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TRUTH QUIZ

WHY CAN'T I FIGURE THIS OUT?

Being unable to see what's next for you and your life's direction could be a reflection of many different blocks.

Answer the questions on this checklist truthfully to find where the blocks may be for you. Mark those statements that are true for you.

Don't fret because each chapter in my book, *Now What? 90 Days to a New Life Direction* is designed to help you through these obstacles to clarity.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- My life is chaotic and out of control.
- I have no time for things I really want to do.
- I have interpersonal conflicts in my workplace or at home.
- My home and/or office environment is cluttered and not conducive to good work.
- I am the sole provider and caretaker of my immediate and/or extended family.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I have trouble seeing myself doing anything else with my life.
- I have prided myself on my position and reputation.
- I have put years of investment into my current work or life role.
- I feel my position or role gives me approval and admiration from those around me.
- I feel that what I do reflects positively on my family and others around me.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I have a list of fears and reasons why I can't make a change right now.
- I perceive negative consequences to making any radical change now.
- Money fears are a major consideration in my thinking now.
- I question my ability to do anything else.
- I worry that my age could get in the way of being able to make a change.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I feel lost and off-track, but I can't really say specifically what the problem is.
- I had or have a dream (or dreams) I have yet to fulfill.
- There are things I used to enjoy and excel at that I don't get to do now.
- I have a hobby or volunteer interest that I wonder about making into a career.
- I have a repeating pattern of failures or mishaps in my work and/or relationships.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I want to do something more meaningful or feel like life has more meaning for me.
- People are always telling me I should do or be X, Y, or Z, but I never really feel motivated to move on it.
- I am not necessarily aware of the impact I have on people and my community.
- I wish I knew how I and or my work fit into the grand scheme of things.
- I often long to know how I can make a difference.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I have ideas about what I'd like to do, but I'm not sure how to go about them.
- I am not exactly sure what would make a job or role satisfying for me.
- I vacillate between a few future possibilities but have yet to decide.
- I am not sure if I can find something to do that fits my values.
- I want to be certain before I make a move that it will work out.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I dread looking at my money situation.
- I already live beyond my means and wonder how I could ever support a change.
- I have been financing a lull in work activity.
- I do not have a money plan for making a transition.
- I am convinced that any change would mean a step backwards financially.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I am a realist.
- I avoid any strategy that is not logical and almost certain of the desired outcome.
- It's hard to invest in things I cannot see or touch.
- I tend to need external proof before trusting someone or something.
- I take on new ideas slowly.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

- I tend to do more for the people around me than they do for me.
- I find it hard to ask for help.
- I often drop what I'm doing when someone else needs my help.
- I wish I had more of a personal and professional network to tap into.
- There are people in my life who doubt me or think I'm crazy to make a change.

MARK THOSE STATEMENTS THAT ARE TRUE  FOR YOU

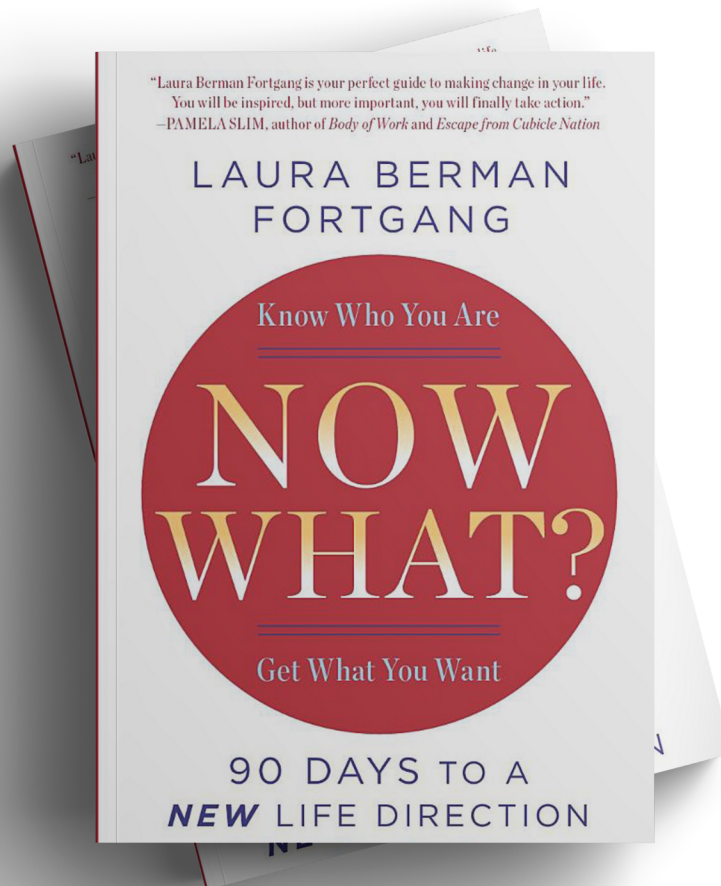
- I have no plan for transitioning to something new.
- I find it hard to manage many projects at once.
- I tend to make progress on projects in spurts instead of being consistent.
- I tend to lose interest if I come up against roadblocks when executing a plan.
- I have a lot of ideas that I have done nothing about. (Projects, Jobs, Products, Arts)



"Laura Berman Fortgang is your perfect guide to making change in your life. You will be inspired, but more importantly, you will finally take action."

PAMELA SLIM, BODY OF WORK

For anyone who feels drawn toward a life-changing move but is not sure exactly what to do or how to move forward, *Now What?* presents a concrete process for finding and pursuing a new path in life.





WHAT'S NEXT?

Whether it's moving on from a dead-end job, discovering your direction through entrepreneurship, or answering the age-old question "What should I do with my life?"

Pioneering life coach Laura Berman Fortgang shares the process that she has used to help hundreds of clients make major changes in their lives.

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