



YOUR EMPOWERED SELF

HYPNOTHERAPY, COACHING & WELLNESS

Your Key to Unlock Your Future

Your Self-Assessment



If you are reading this, it is likely that there is an area of your life which isn't working out for you. You may feel blocked in some way, as though you have your foot on the breaks and the accelerator at the same time. Or you may not know what road to take. Making changes on your own can be very difficult – if it wasn't, you would have done it by now, wouldn't you? The question of what stops you being able to make the changes you want is very complex and working with an expert really helps as the answer can be buried deep in your subconscious.

About 95% of my clients are looking to make changes in their lives. Either to eliminate a problem, increase a skill, overcome stress, control their anger, mend a broken heart, get a new job, lose weight or improve a relationship, to name a few.

In case you are wondering, the other 5% just want to have someone to talk to that they can trust, or to have more self-insight.

The following self-assessment will help you to understand what might be inhibiting you and afterwards I will offer some suggestions on what you can do about it.

These statements are based on my Five Pillar model (I show you this at the end of the document). This is founded on the principle that problems have numerous causes and it is important to work on them at their source.

For example, if you are suffering from stress, it may be because of your thinking patterns; it may be exacerbated by distraction behaviours such as eating too much, drinking too much or spending too much; it may be caused by a challenging lifestyle or a difficult relationship; it could be that you take on too much; it may be impacted by diet or health challenges; and finally some people are stressed because their life lacks purpose or meaning.

These are just examples as everybody is different and it is important to work at the level of cause which is relevant to *you* in *your* life.

INSTRUCTIONS

Following are a series of statements. In the column next to each statement put in a number between 0-5 according to how strongly you agree that the statement matches how you are most of the time:

- 0 – Not at all
- 1 – Rarely
- 2 – From time to time
- 3 - Sometimes
- 4 - Often
- 5 - Most of the time

Be honest - this insight will give a good foundation to help you feel more empowered, less stressed and more fulfilled.

	0-5
1 THOUGHTS	
a	I can be described as more negative than positive
b	It takes me a while to bounce back from setbacks
c	I find it difficult to see things from different perspectives
2 FEELINGS	
a	I often feel down
b	I can feel overwhelmed by one or more of the following emotions: Stress, fear, anger, guilt, sadness, loneliness, boredom
c	I distract from my negative emotions with one or more of: Comfort eating, alcohol, taking drugs, smoking, gambling, social media or spending (or some other too-muching)
3 LIFESTYLE	
a	I don't have time to do everything I want to do
b	There is no balance in my life
c	I find it difficult to say no
4 PHYSICAL	
a	I am tired all the time
b	I suffer from ailments more than most people
c	I don't exercise regularly
5 SPIRITUAL	
a	My past is holding me back
b	I feel there is something missing in my life
c	If someone wrongs me, I find it difficult to forgive
6 SUBCONSCIOUS BARRIERS	
a	Failure would be terrible
b	People I care about may not like the changes I want to make
c	I feel stuck and don't know where to start
d	I feel pulled in different directions
e	Sometimes it feels as though I don't know who I am anymore or what I want

OK, now add up all the points. How did you do? Though this is not a scientific test, and there are many factors which may be affecting you, the following guidelines may help you to decide your next steps.

If you scored up to 39 points and have a high level of self-motivation and focus, you may find that some of my books and CDs/MP3s are enough to set you on a positive path. These can be found at www.youempoweredself.co.uk or call me for my recommendations specific to your situation. Of course, if you prefer to work 1:1 for quicker results and more support, that's an option too.

If you scored from 40-59 points, it may be that you find something challenging on a day to day basis but, with a little help, can overcome any blocks to moving forward. It may be that learning a few strategies are all it takes for the boost you need. Call **0345 130 0854** for a no-obligation chat to see if this is right for you.

If you scored more than 60 points it is likely that you will struggle to create the change you are looking for without professional help. The higher your score, the more difficult it will be for you to create change alone. Call me to find out how I can help you free yourself.

Whatever you decide, here are some points to help you make a start:

1. How would you describe the change you want to make?
2. What are the benefits of making that change?
3. Think about the blocks which stand in your way (it is likely to be one of the highest scorers in this exercise) and what you can do about them

Once you have had a chance to think about this, as an added bonus, why not give me a call for a free 15 minute consultation so that you can get more clarity on the way through the maze?

My whole-person, integrative approach has helped many people like you navigate their way through change more easily so that you grow through change and become Your Empowered Self. This gives you The Five Foundations to live a fulfilled life:

Clarity, Skills, Confidence, Health and Energy.

THE FIVE PILLARS				
PSYCHOLOGICAL	EMOTIONAL	PHYSICAL	LIFESTYLE	SPIRITUAL
Thoughts	Feelings	Nutrition & biochemistry	Life-load	Purpose & meaning
Your behavioural response to stress	Your emotional response to stress	Your physical response to stress	How your lifestyle contributes to stress	Your ability to transcend negative stress

Remember, you don't have to do this journey alone. Working together, I can help you find the silent saboteurs and helps make change easier for you. Call **0345 130 0854** to find out more.



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Tricia Woolfrey
MNLP, DHP, FCIPD, DHNP
Coaching
Hypnotherapy
Nutrition and Wellness

Harley Street, London
Byfleet Village, Surrey
Skype sessions available

0345 130 0854

tricia@triciawoolfrey.com
www.youempoweredself.co.uk

Personal

- Build confidence
- Eliminate fears and phobias
- Improve relationships
- Create a positive mental attitude
- Life depression
- Increase assertiveness
- Manage anger and conflict

Wellbeing

- Lose weight
- Stop smoking
- Manage stress
- Overcome IBS
- Beat addictions
- Create work-life balance
- Nutrition and health assessments
- Food intolerance testing

Career

- Build new skills
- Present confidently
- Motivate yourself
- Improve performance
- Achieve more in less time
- Maximise potential
- Influencing skills
- Interview skills