

Your self-esteem free test

Hi, this is Elena Adani, and I welcome you at Lifenowacademy.

I congratulate you for having downloaded this file; this is one of the most important action you have taken for your well-being. Good self-esteem is fundamental to live a happy, wealthy, and even healthy life, more than you believe. If I had not experienced a lack of self-esteem in the past, I would never become a life coach, and I wouldn't be here talking to you to and give you my support.

Do not let your daily routine prevent you from doing this test, and take your time to answer the following questions.

Your answers are fundamental to help me know you better and give you my advice to live a happier life.

► Are you ready? Here is your Free Self-esteem test. Enjoy it. ◀

TEST

1. What's your name?
2. Where are you from?
3. How old are you?
4. Describe your personality. What are the traits of your character that you like the most? Which ones do you like the least?
5. Do you work, what other commitments do you have?
6. What kind of work do you do?
7. Do you like your work?
8. Have you ever attended any personal development course?
9. Have you ever read any personal development book?
10. Do you think the help of a life coach could be useful to you now? If yes, which areas of your life would you like to improve?
11. If an online course, to help you live better relationships with your partner, family members or colleagues/boss/employees, were available, would you be interested in it? How much would you pay for it (99\$ 199\$ or?).
12. Can you describe your relationships with your partner, family, work colleague, boss, or employees?
13. What relationships (with your partner, with your family, with your work colleagues/employees/boss or clients) would you like to improve now?
14. What dream would you like to come true within the next year?
15. What kind of job or daily activity would make you satisfied?
16. What is the biggest obstacle that now is preventing you from reaching your goals?

Please send me back your answers to this email address:

elena@lifenowacademy.com

Thank you so much for answering this test. I look forward to receiving your responses soon.

Have a beautiful day, afternoon, or evening.

Kind Regards

Elena Adani



P.S.

Your data will be kept strictly confidential according to the European privacy rules 2016/679.