

## WHAT IS FINANCIAL COACHING?

Financial Coaching is here to help you discover what you need to create your own financial freedom. As coaches we assist you by providing a place for you to conquer your fears, and worries surrounding money and finances. With Financial Coaching on board you will be able to live life with the financial security you've always dreamed of.



## COACHING INVOLVES COLLABORATION

- ◆ The coach/client relationship provides you with a trusting and honest connection that allows you to share your inner most thoughts and feelings.



- ◆ We assist you in unlocking your inner passions to visualize more fulfilling view of your current financial status.
- ◆ Together we will design a plan that will help you create the lifestyle goals needed to experience the financial independence you desire.
- ◆ We hold you accountable to follow through with the steps necessary to achieve your goals.



**631-648-9296**

[www.longislandlifecoaching.com](http://www.longislandlifecoaching.com)

# FINANCIAL COACHING

*HOPE  
RENEWAL  
SOLUTIONS  
NEW POSSIBILITIES*

## AFFORDABILITY

At LONG ISLAND LIFE COACHING we offer several affordable packages to help you get connected with your truest inner passions. For a complementary 15 minute session please call LILC @ 631-648-9296 or email us at [info@longislandlifecoaching.com](mailto:info@longislandlifecoaching.com).

## Long Island Life Coaching

**WITH FINANCIAL COACHING YOU WILL:**

**TAKE CHARGE OF YOUR FINANCES**

**SPEND MONEY ON THE THINGS YOU ENJOY**

**CREATE A SOLID FINANCIAL FUTURE**

**CREATE A HEALTHY RELATIONSHIP WITH MONEY**

**LOOK TO THE FUTURE WITHOUT FEAR**

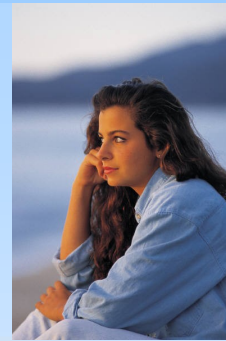


**ASK YOURSELF?**

**What would it look like I if I had financial security?**

**What are some of the things I can change to begin to achieve financial control?**

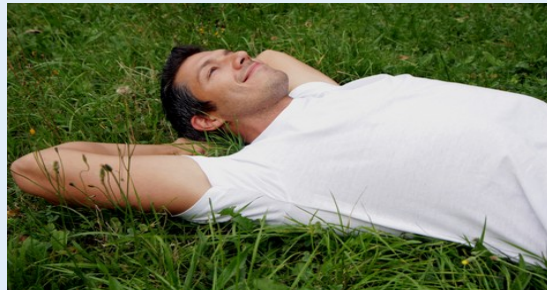
**How will I feel when money is no longer an issue for me?**



**ACT AS IF.....**

Take a moment to **IMAGINE** as though you are financial secure.

**I enjoy the fact that I have a savings.**



**I take pleasure in having money to spend for my enjoyment.**

**I look forward to living comfortably when I retire.**

**I am in control of my financial life.**

**I invest wisely to create abundance for myself.**

***Coaching challenges you to delve deep within to make your dreams a reality.***

**IS COACHING FOR YOU?**

**Complete assessment to find out.**

Check the number below that represents how true the statement is for you. Add your score when done. **(1 is less true, and 5 is most true).**

1	I am ready to experience a collaborative partnership which will assist me in finding my true life desires.	1 2 3 4 5 □□□□□
2	I am ready to look at my life and myself to determine what I need for fulfillment.	1 2 3 4 5 □□□□□
3	I am ready to be open to new ideas.	1 2 3 4 5 □□□□□
4	I am ready to be empowered to look at the situations in my life as opportunities for growth.	1 2 3 4 5 □□□□□
5	I am ready to look deep within myself to create new rules to live by.	1 2 3 4 5 □□□□□
6	I am ready to recognize my talents and utilize them in my life.	1 2 3 4 5 □□□□□
7	I am ready to challenge my values and beliefs to develop goals to improve myself.	1 2 3 4 5 □□□□□
8	I am ready to change behaviors that prevent me from having the life I desire.	1 2 3 4 5 □□□□□
9	I am ready to accept responsibility for my life.	1 2 3 4 5 □□□□□
10	I am ready to create a life of endless possibilities.	1 2 3 4 5 □□□□□

**Scoring Key**

10 - 20 Now is not a good time for life coaching.  
 21 - 30 Consider Life Coaching if you feel you are ready to put forth effort and be open minded.  
 31 - 40 Life Coaching can help you move forward to the optimal life you've been waiting for.  
 41 - 50 Start immediately, now is an amazing time for your powerful transformation to begin.

**Therapy vs. Coaching**

review life	create life
look back	move forward
heal wounds	foster growth
mistakes	opportunities
relive past to repair	use past to strengthen
survival	creation
eliminate old habits	create new experiences
look at fears	eliminate fears
advise	support
accept yourself	be amazed by yourself