

Readiness Checklist

A structural survey to decide if it's time to build

Scan each prompt honestly, circle Yes or No, and note what support would turn a “no” into a “yes.”

- 1 Do I have at least 30 minutes a week I can protect for myself? Yes No
- 2 Am I willing to name what feels unsustainable out loud? Yes No
- 3 Can I practice one new boundary without needing it to be perfect? Yes No
- 4 Do I have one person I can text for encouragement when the work feels heavy? Yes No
- 5 Am I open to being coached even when it challenges my current identity? Yes No
- 6 Have I identified the cost of staying the same versus the cost of changing? Yes No
- 7 Am I willing to track my energy (not just productivity) for the next 30 days? Yes No

TALLY YOUR ANSWERS

6–7 Yes:

You're ready to reinforce the foundation—book a discovery call.

3–5 Yes:

Pinpoint which “no” needs support; bring that to your call.

0–2 Yes:

Focus on stabilization (rest, medical, therapy) before adding new load.

SIGNS YOU MIGHT WAIT

- You are in active crisis without emergency support.
- You expect to do it all without adjusting responsibilities.
- You need diagnosis or treatment—coaching is not therapy.

HOW TO PREPARE IF ALMOST READY

- Protect a repeating time block for care and coaching.
- Start a “truth log”: nightly notes of where you felt aligned vs. off.
- Tell one trusted person you're rebuilding.
- Create a simple self-regulation ritual for before and after sessions.

When you can say “yes” to most of these, you're ready to build something lasting.