

Only those who take the first step will arrive. Take the self-check now and begin your journey

This self-check is an important first step. It helps you reflect on yourself and your situation – or the topics that are on your mind – without judgement, without pressure and at your own pace.

Read each question and the three possible answers carefully and choose the option that best represents your inner experience. The answers are intentionally not very detailed. They are simply meant to give you an initial sense of orientation and a starting point for reflection.

You are welcome to send it to me before your complimentary 30-minute introductory call and use it as a basis for your conversation. This allows both of you to make the best and most focused use of that time.



With kind regards Eva

Question 1/10: Are there areas of your life where you are currently acting against your inner needs or feelings?

Yes Not sure No

If yes or not sure: Which areas of your life does this affect?
(Multiple answers possible)

Career/Work Partnership/Family

Friendships Time for myself

Other:

Question 2/10: Are there situations in your everyday life where you feel you are simply functioning, rather than truly being yourself?

Yes Sometimes Never

In which situations do you experience this?

Question 3/10: Is there a topic that keeps occupying your mind or that prevents you from feeling at ease?

Yes In the background No

From your perspective, what is it about?

Question 4/10: Do you know what you currently need in order to feel more aligned or relieved?

Yes Possibly Unfortunately not

If yes or possibly: What do you think you specifically need?

Question 5/10: Do you experience situations where you do not sufficiently recognise or honour your own boundaries?

- Frequently Rarely Occasionally

In which situations or areas of your life?

Question 6/10: Do you feel that you prioritise other people's expectations over your own needs?

- Yes, very often 50/50 Not really

Whose expectations play a role here?

Question 7/10: How would you describe your inner voice?

- Supportive/encouraging Changeable
 Rather critical and judgemental

What thoughts or phrases tend to come up most often?

Question 8/10: Are there decisions or situations where you doubt yourself or hold yourself back?

- Definitely yes Not really It depends

Can you offer a specific example?

Question 9/10: Do you experience your current life situation as something that can be changed?

- I very much hope so Not really I think so

What feels particularly difficult/inhibiting for you in this context?

Question 10/10: When you think about support or coaching, what would you like to clarify or change for yourself?

- More clarity Greater inner confidence
 Better boundaries Decision-making
 Something else:

What result are you hoping for?

How do you feel now?

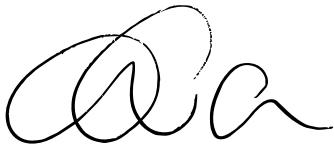
Many people find that simply answering these questions for themselves makes them aware of their situation and feelings – often for the first time.

And through this alone, they begin to sense that change is possible, as inner blocks and fears turn out to be far less unsolvable than they once seemed.

I would be delighted if this self-check has given you a similar experience and you now feel confident to take your life into your own hands, instead of constantly trying to meet others' expectations.

Ideally, you can use these insights for your free 30-minute initial consultation with me.

Just send me a short WhatsApp message or email – or book an appointment directly via Calendly.



With kind regards Eva

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