



Welcome to my FREE tick list to help you assess whether YOU are ready to get UNTRAPPED!

Simply go through the list of statements overleaf and tick the ones that apply to you. If you end up with more than 10 ticks, you may be ready to get untrapped.

Why?

Because to get change, we need leverage. And the list of things below is exactly that. With leverage, and a really compelling goal (which I can help you identify) you're set to create rocket change in your life and transform rapidly towards future readiness.

If you have a goal, and you have leverage - all you need then is a strategy. Welcome to future living coaching. FLC helps you set your goal, harness your leverage, choose the best strategy to

Get ready. Get good.

But for now - have fun with the checklist!

Warmest wishes,

Natalie Hornmann
www.futurelivingcoach.com

PS: If after reading this you're wondering what your goal is then, check the last page for my amazing FREE coaching offer.

30 signs

THAT YOU'RE READY TO GET *UNTRAPPED*

1. You wake up every morning dreading the prospect of another day of going to work
2. You'd be doing something else with your life if it wasn't for those bills and mortgage payments.
3. Reading about the environmental destruction of this world gives you a strong feeling of stress, grief or uneasiness (but you don't know what to do about it)
4. You have children and worry about their future - economically, environmentally or socially (or all of those)
5. You feel like the relationships in your life suffer from your state of stress or anxiety - or your lack of time
6. You have some form of addiction problem related to coffee, alcohol, food, cigarettes or computers which you feel uncomfortable about
7. You have recurring or chronic health issues that you think may be related to diet or lifestyle (or that you can't explain)

8. You work your arse off, but you are still not making enough to not have money stress

9. You're earning enough, but you feel unfulfilled, restless or depressed

10. Keeping up with the Jones' seems like a pointless and expensive exercise (but you do worry about what people will think)

11. You feel isolated and lack deep connection with people because of lack of time or because you feel anxious

12. You feel down, depressed or anxious because somehow the world is falling apart and there's not much you can do about it

13. You find yourself buying stuff which you don't enjoy or treasure and it's draining your finances

14. Your living costs exceed your budget and you're piling up debt but there seems to be no other way to keep up with the Jones'

15. You live towards the next holiday, long weekend, or retirement

16. You would live more sustainably but you lack time, knowledge or money to do so

17. You love being in nature and enjoying the beauty of the world but get annoyed about plastic waste on the beach, unclean water or air pollution

18. You are not satisfied with your circumstances of living but you don't know what to do about it

19. You worry about your weight or your looks and spend too much money on clothes, hair, treatments etc

20. You feel like you are not living your purpose and are not making the kind of contribution to the world that you'd like to make

21. You are frustrated with all sides of the political spectrum or find yourself quietly agreeing with what you used to think were 'radical' ideas

22. You sign online petitions for social justice, environment, equality or political freedom

23. You dream of living 'the good life' or feel like maybe things were better in the past

24. You are worried about the political situation or social stability in your country of residence

25. You know that there's a better way of being or doing things, but you feel overwhelmed and unsure how to do it

26. You feel annoyed by your friends who don't seem to 'get it'

27. You are interested in your personal growth and development and consider yourself a 'conscious' person, but can't really bring that to your workplace or your relationships

28. You choose to buy organic food or 'green products' and try to reduce your waste, but it isn't always easy and doesn't feel like it's enough

29. You should eat better

30. You don't know many people in your neighbourhood and generally feel scared or suspicious of strangers

If you said yes to some of the above, and want to take action, go to www.futurelivingcoach.com to book your FREE 45 min discovery coaching session with me

=> Create a crystal clear vision for what "being untrapped" will look like for you, so you know exactly what you want, where you're headed, and what you need to do to make it happen.

=> Identify exactly what it is for you that is keeping you trapped - and what you can do about it.

=> Leave this session renewed, re-energized, and inspired to finally achieve the change you seek- once and for all.