

Recover - Refocus - Succeed

Quick Check-Up Are you Ready to Heal?

To be a successful athlete and to enjoy a long-lasting successful career, you need a certain physical, emotional and mental disposition and attitude in these 2 key areas:

1. Your relationship with yourself
2. Your relationship with your body

Are you poised for success? Take this instant assessment and see where your system is fully functioning – and where you could use some more support to become a fully fulfilled human being as an athlete and in general.

Take the Assessment

Place a checkmark by the answers that best apply to you.

1. Overall do you feel connected to your body?
 - Yes
 - Somewhat
 - No
2. Do you listen to your body's cues, i.e. stop a certain movement when an ache occurs?
 - Yes
 - Somewhat
 - No
3. Do you wait until the pain is so great it inhibits any movement?
 - Yes
 - Somewhat
 - No
4. Do you know exactly what you want your life to look and feel like in 3 years?
 - Yes
 - Somewhat

- No
5. Are you aware of any limiting thoughts you might have in regards to your body?
- Yes
 - Somewhat
 - No
6. Do you know what your most empowering beliefs are?
- Yes
 - Somewhat
 - No
7. Do you have a clear vision of what your perfect athletic performance looks and feels like?
- Yes
 - Somewhat
 - No
8. Do you know what your greatest strengths are – those skills that you not only do well but deeply enjoy doing?
- Yes
 - Somewhat
 - No
9. Do you know what skills you would like to improve?
- Yes
 - Somewhat
 - No
10. Do you feel ready to commit to change old habits that don't work for you and replace them with positive ones?
- Yes
 - Somewhat
 - No

Score the Assessment

Yes = 3 points
Somewhat = 2 points
No = 1 point

IF YOU SCORED 30: Congratulations! You are in great shape!! With your very healthy and positive attitude you are well on your way to set new records and live a fulfilling healthy life.

IF YOU SCORED 20-30: The foundation is great and you are on your way. But you need to fill in some critical gaps to make the necessary shifts physically and emotionally, so you can be the athlete you KNOW you can be. For professional support, see “Take the Next Step” below.

IF YOU SCORED 10-20: Your heart is in the right place. But you have a lot of headway to make before you can fully tap into your true potential. It is time for you to become the best athlete and healthy being you can be NOW. Be an inspiration to others and fulfill your deepest wishes now. For professional support, see “Take the Next Step” below.

Take the Next Step

Are you ready to heal, let go of old limitations and build a successful athletic career that includes long-lasting health?

- ✓ A pain-free life with the flexibility and strength you always wanted
- ✓ A confident and healthy attitude that keeps you focused even under great pressure
- ✓ A level of enthusiasm that will propel you from success to success
- ✓ A career that will last long and will inspire many
- ✓ A recovery from surgery or injury that happens quicker and smoother

E-mail Kerstin@ready2heal.net to schedule a free 20 min. “Get Acquainted” telephone session with Kerstin Tracy, Your Guide to Athletic Success.

Discover precisely what you need to do next to tap your own direction of ease – and create the (athletic) life you always wanted to have with EASE!