

THE BUSY MOM QUIZ

Find out if you're are living in overwhelm

Check the box for "yes"

- 01** Do you often feel rushed and pressed for time during the day?
- 02** Are you frequently scrambling to complete tasks at the last minute?
- 03** Do you struggle to keep track of your daily schedule and commitments?
- 04** Have you tried to fix this yourself and had no luck?
- 05** Is overwhelm keeping you from reaching your goals?
- 06** Do you frequently experience stress when thinking about all of your commitments?
- 07** Are you constantly feeling like you're juggling too many tasks at once?
- 08** Are you neglecting self-care due to a busy and demanding routine?
- 09** Do you struggle with doubt and uncertainty about how to solve prioritizing your time?
- 10** Are you yearning for a simpler and more balanced life?

How many did you say "yes" to?

If you answered YES to 5 or more of these questions, I can help.

If one of these is totally driving you crazy and you are ready to change.

[CLICK HERE](#) to schedule your free Mini Session.

Bring me one problem, one thing you want help with and I'll coach you on it.

It's that simple.

www.JLStevensCoaching.com