*[](http://synergylifeandwellnesscoaching.com/wordpress/wp-content/uploads/2011/06/Synergy-logo-final-lowest-res1.jpg)*

**Overwhelm Quiz**

**Are You Overwhelmed?  Take the Quiz and See!**

Please place a **check** beside any that seem true for you a majority of the time.

Less **than 2 checks**? great!  You’re not overwhelmed, just really busy!

**3 or more checks**? congrats!  You have the perfect opportunity to learn how to do better in dealing with overwhelm!

**Take ACTION today!**  Email me your contact information for a complimentary get-to-know-you call.

1. \_\_I know I need to work out but there’s never time to exercise.
2. \_\_I don’t have enough time to myself.
3. \_\_I am often not happy with my life.
4. \_\_I am behind with phone calls, letters, and e-mails.
5. \_\_I’m always rushing and am often late, or almost late.
6. \_\_I often find myself saying yes when I’d like to say no.
7. \_\_I refer to my lunch hour as “vacation time”, or skip lunch altogether.
8. \_\_My desk drawer contains two stress balls and a pound of peanut M&M’s.
9. \_\_I wake up exhausted before I even start my day.
10. \_\_Life feels an uphill struggle most of the time.

**Are you ready?  If you’re a busy woman who wants to transform stress into strength instead of getting overwhelmed and frazzled when under pressure, then Synergy Life and Wellness Coaching can help you rebound quickly with grace and ease.  With a tough mindset, emotional hardiness, and physical resilience, it’s possible to enjoy work/life balance, managing your energy instead of burning out.**

To schedule your complimentary call, please send me an Email with your full name, Best Email, and the best time to reach you.

[**info@synergylifeandwellnesscoaching.com**](mailto:info@synergylifeandwellnesscoaching.com)

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