

## QUIZ: What's Really at the Heart of Your Crossroads?

Take this 8-question quiz to discover

- What part of your life is quietly asking for change (*Your Visible Crossroads*)?
- The hidden emotion shaping your experience (*Your Invisible Crossroads*).

**In just a few minutes, you'll gain clarity and uncover a simple next step toward a personal breakthrough.**

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### QUIZ QUESTIONS

**1. When you think about the future, what thought pops up first?**

- A. Who am I becoming?
- B. Will my relationships change?
- C. Will my body keep up with me?
- D. Am I on the right career path?
- E. How long can I keep carrying everyone's needs?

**2. What's been keeping you up at night lately?**

- A. A sense of feeling lost or undefined
- B. Tension or distance with someone close
- C. Worries about your energy, health, or aging
- D. Stress about work or finances
- E. Feeling like you have no time for yourself

**3. Which statement feels the most true right now?**

- A. I want to rediscover who I am now
- B. I'm craving deeper connection or clarity in relationships
- C. I need to take better care of my body
- D. I'm questioning my work or purpose
- E. I'm overwhelmed by everything I'm responsible for

**4. If you could wave a magic wand, what would instantly feel easier?**

- A. My sense of direction and confidence
- B. My love life, family, or friendships
- C. My physical health and energy
- D. My career or business clarity
- E. Balancing family and personal time

**5. Which word best describes your current mood?**

- A. Searching
- B. Frustrated

- C. Drained
- D. Unsure
- E. Stretched

**6. Lately, I've been craving...**

- A. A fresh start or reinvention
- B. Harmony or understanding in my relationships
- C. Feeling strong and healthy again
- D. A new challenge or shift at work
- E. Some *me time* without guilt

**7. When you imagine being fully supported, what's happening?**

- A. I feel aligned and know who I am
- B. My relationships feel peaceful and secure
- C. My body feels energized and resilient
- D. I'm thriving in meaningful work
- E. I have time for both loved ones and myself

**8. What emotion has been most present at your crossroads? (*Your Invisible Crossroads*)**

- A. Fear or worry about choosing the wrong
- B. Feeling stuck or uncertain
- C. Overwhelm or exhaustion
- D. Hopeful but unsure
- E. "I try not to think about it"

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## HOW TO UNDERSTAND YOUR RESULTS

### Step 1 — Your Visible Crossroads

Look back at your answers to Questions 1 through 7.

- If you answered mostly **A's**, you seem to be most concerned about your **Identity** — who you are becoming and how your roles are shifting.
- Mostly **B's** → **Relationships** — seeking clarity or connection with the people in your life.
- Mostly **C's** → **Health and Vitality** — how your body and energy are supporting you.
- Mostly **D's** → **Career or Purpose** — your sense of meaning and fulfillment in work.
- Mostly **E's** → **Family Responsibilities** — balancing the needs of others with your own desires and time.

## Step 2 — Your Invisible Crossroads

Your answer to Question 8 reveals the emotion that's been quietly shaping your crossroads:

- **Fear, Indecision, Overwhelm, Hope, or Avoidance.**

### What this means:

You've now identified both where your life is asking for change (*Visible Crossroads*) and how it's been affecting you emotionally (*Invisible Crossroads*). **This is the first, powerful step toward change.**

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## YOUR NEXT STEP

*Now that you know a little more about who you are today and how this crossroads is affecting you on the inside, I'd like to offer something special.*

**I invite you to a complimentary 10-Minute Miracle Demonstration.**

This isn't just a conversation.

It's a chance to experience **something that will prove**  
— not just tell you — that even in the face of fear, indecision, or overwhelm,  
**you have the power to begin moving forward.**

**[\[Yes — I'm Ready to Claim My Free 10-Minute Miracle Call\]](#)**

— — —  
As soon as you schedule your  
10-Minute Miracle Demonstration  
I'll email you my exclusive...

## – From Stuck to Unstuck a Discovery Guide –

***“Sometimes all it takes is 10 minutes to feel like yourself again.”***

This pre-session PDF will 10x your results on our 10-Minute Miracle Demonstration.  
By helping you actually visualize - what you've been going through.

**And I will give you something I've NEVER publicly released before.  
Something I've NEVER shared publicly before.**

The intimate details of the physical pain and suffering,

and the mental anguish that led to my discovery of the first 10-Minute Miracle.

This is the story that is so painful, I've tried to forget it, and have NEVER even shared it with my family... until now.

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I sincerely appreciate your trust. I will not let you down...the  
**“From Stuck to Unstuck Discovery Guide”**  
combined with  
**“The 10-Minute Miracle Demonstration”**  
Will change your life for the better... whether we work together in the future or not.

That's my promise and commitment, and so far - it's never failed me.

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## **About Me For Your Clarity, Confidence, and Calm**

I believe... when you're at a turning point in life, you don't need more information.  
You need insight that feels real. Progress you can trust. And proof you can feel.

### **That's precisely what I offer.**

- I'm not the kind of coach who gives you a pep talk and a long to-do list.
- I'm here to help you recognize the patterns that have kept you stuck, the strengths you've forgotten you have, and the practical steps that will help you move forward — starting now, not someday.

### **I work from both the heart and the mind.**

That means I'll help you translate what you feel into actions that make sense — and translate what you know into calm, confident progress.

### **You won't just hear, “You can do it.”**

- You'll experience proof you can feel — physically, emotionally, and mentally — often in just one session.
- That's the power of combining advanced coaching, bodywork, and mind-body techniques that honor all of who you are.

### **My Philosophy**

“I look for patterns, not just problems — because when you spot the pattern, you can change the outcome.”

“I work from both the heart and the mind. I translate what’s felt into something that makes sense  
— and vice versa.”

“The best transformations come when logic meets intuition. That’s where I live. That’s what I  
bring you.”

***“If you’re ready to stop overthinking and start moving forward,  
I’d be honored to walk that path with you.”***

### **For the Mind & Spirit — What I’ve Learned and Achieved**

- ☐ Certified Life and Success Coach
- ☐ Master NLP Practitioner
- ☐ Master Clinical Hypnotherapist
- ☐ Breath Coach
- ☐ Yoga and Yoga Trapeze Instructor
- ☐ Author of #1 Bestselling Books
- ☐ Bachelor of Science in Mathematics (Madras University, India)
- ☐ Graduate of Transform Destiny and Yoga Teacher’s College

### **For the Body — What I’ve Studied and Achieved**

- ☐ Licensed Medical Massage Therapist (since 2008)
- ☐ Precision Neuromuscular Therapy
- ☐ Nurturing the Mother Pregnancy Massage
- ☐ Ashiatsu Barefoot Massage
- ☐ Bamboo-Fusion Massage
- ☐ Spinal Reflex Therapy
- ☐ Functional Movement Techniques
- ☐ Former Program Advisory Committee Member — Dayton and Cincinnati School of Medical Massage
- ☐ Former Instructor — Cincinnati School of Medical Massage