

TaLisia WILLIAMS

Empowering You.

Elevating Results.

Transforming Futures.



AUTHOR



ENTREPRENEUR



MOTIVATIONAL SPEAKER



EMPOWERMENT COACH



MENTAL HEALTH
PROFESSIONAL



FOUNDER & CEO

ResultsFirst Coaching and Consultation, LLC
&

A New Beginning Counseling Services, LLC

Purpose Driven. | Results Focused. | Impacting Lives.

Hi Friend,

If you're reading this, I want you to know something first:

You matter.

In a world that constantly teaches us to care for everything and everyone else, it's easy to forget that our own minds, hearts, and dreams deserve attention too.

Most of us understand the importance of taking care of our physical health. We schedule doctor's appointments, take medication when we're sick, exercise, and try to eat healthier because we know our bodies need care to function well.

But our mental and emotional health deserves that same level of attention.

Stress.

Disappointment.

Grief.

Trauma.

Fear.

Self-doubt.

Burnout.

These things don't simply disappear because we ignore them. They quietly influence the way we think, love, lead, parent, work, and pursue our purpose.

The healthiest version of you isn't just someone who looks well.

It's someone who thinks clearly.

Loves confidently.

Sets healthy boundaries.

Believes they are worthy.

Finds joy again.

Has the courage to heal.

When we invest in our mental health, we aren't admitting weakness.

We're choosing strength.

Healing allows us to become the person we've always had the potential to be.

Sincerely,

TaLisia Williams

Your Dreams Need a Healthy You

Every dream begins with a decision to believe that your life can be different.

Yet so many dreams remain unfinished—not because people lack talent, intelligence, or opportunity—but because fear, past hurts, limiting beliefs, and emotional exhaustion convince them to stop before they ever begin.

Healing doesn't just help you feel better.

It helps you think differently.

It gives you permission to dream again.

To take healthy risks.

To build meaningful relationships.

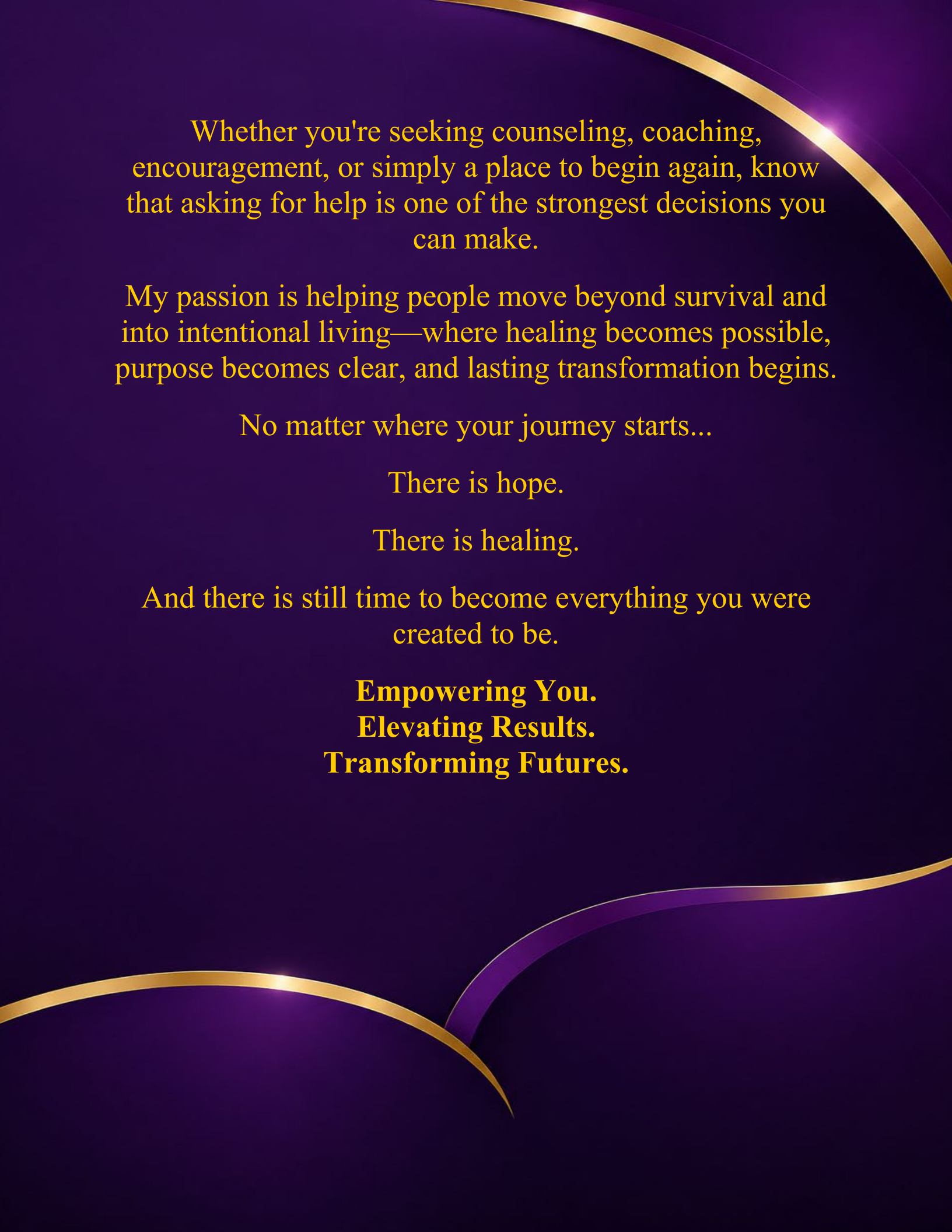
To pursue the purpose God placed inside of you.

Your future deserves a healed mind just as much as it deserves hard work.

Success is not only measured by what you accomplish.

It is also measured by the peace you experience while accomplishing it.

You Don't Have to Do It Alone



Whether you're seeking counseling, coaching, encouragement, or simply a place to begin again, know that asking for help is one of the strongest decisions you can make.

My passion is helping people move beyond survival and into intentional living—where healing becomes possible, purpose becomes clear, and lasting transformation begins.

No matter where your journey starts...

There is hope.

There is healing.

And there is still time to become everything you were created to be.

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Life Wellness Assessment

Disclaimer

This self-assessment is intended for educational and self-reflection purposes only. It is designed to help you increase awareness of your mental and emotional well-being, self-care habits, and areas where additional support may be beneficial.

This assessment is not a diagnostic tool and does not provide a mental health diagnosis, medical diagnosis, or clinical evaluation. Your responses should not be used to diagnose, treat, or determine the presence or absence of any mental health or medical condition.

If your results indicate ongoing emotional distress or if you are experiencing symptoms that interfere with your daily functioning, consider seeking an evaluation from a licensed mental health professional or healthcare provider. Early support can be an important step toward improved well-being.

If you are experiencing thoughts of harming yourself or others, or believe you are in immediate danger, call 911 or go to your nearest emergency department immediately. You may also contact the 988 Suicide & Crisis Lifeline by calling or texting 988 if you are in the United States.

By completing this assessment, you acknowledge that the results are informational only and are not a substitute for professional mental health, medical, or psychological advice, diagnosis, or treatment.

How Are You Really Doing?

Instructions:

Read each statement and circle the number that best describes how true it has been for you over the last 30 days.

Never Rarely Sometimes Often Almost Always

0 1 2 3 4

Section 1

Mental & Emotional Health

1. I feel overwhelmed by everyday responsibilities.

0 1 2 3 4

2. I have trouble relaxing even when I have free time.

0 1 2 3 4

3. I worry about things I cannot control.

0 1 2 3 4

4. I feel emotionally exhausted.

0 1 2 3 4

5. I struggle to enjoy things I once loved.

0 1 2 3 4

6. I frequently feel lonely even around other people.

0 1 2 3 4

7. My emotions interfere with work, relationships, or daily life.

0 1 2 3 4

8. I feel stuck but don't know how to move forward.

0 1 2 3 4

9. I find myself overthinking situations.

0 1 2 3 4

10. I often pretend everything is okay when it isn't.

0 1 2 3 4

Section 2

Self-Care & Burnout

11. I consistently put everyone else's needs before my own.

0 1 2 3 4

12. I struggle to say "no."

0 1 2 3 4

13. I feel guilty when I rest.

0 1 2 3 4

14. I rarely make time for activities that refill me emotionally.

0 1 2 3 4

15. I feel like I'm constantly running on empty.

0 1 2 3 4

16. I sleep poorly because my mind won't slow down.

0 1 2 3 4

17. My physical health has suffered because of stress.

0 1 2 3 4

18. I know what I need to do for myself but struggle to actually do it.

0 1 2 3 4

19. I feel like I'm surviving instead of living.

0 1 2 3 4

20. I rarely celebrate my accomplishments.

0 1 2 3 4

Section 3

Personal Growth & Coaching Readiness

21. I have dreams or goals but haven't taken meaningful steps toward them.

0 1 2 3 4

22. Fear keeps me from pursuing opportunities.

0 1 2 3 4

23. I spend more time helping others than investing in myself.

0 1 2 3 4

24. I feel unsure about my purpose.

0 1 2 3 4

25. I procrastinate on things that matter most.

0 1 2 3 4

26. I have difficulty staying motivated.

0 1 2 3 4

27. I often doubt myself.

0 1 2 3 4

28. I know what I want but struggle to stay consistent.

0 1 2 3 4

29. I feel like life is happening to me instead of me directing my life.

0 1 2 3 4

30. If I had support and accountability, I believe I would accomplish more.

0 1 2 3 4

Scoring

Mental Health Score

Questions 1–10

____ /40

Self-Care Score

Questions 11–20

____ /40

Coaching Readiness

Questions 21–30

____ /40

Total Score

____ /120

What Your Score May Be Telling You

0–20 (per section)

You appear to be functioning well in this area. Continue practicing healthy habits and check in with yourself regularly.

21–30

You're beginning to experience stress that deserves attention. Small changes now can help prevent greater challenges later.

31–40

This area is significantly affecting your quality of life. Seeking support may help you regain balance, improve well-being, and move toward your goals.

Which Support Might Benefit You?

Mental Health Counseling

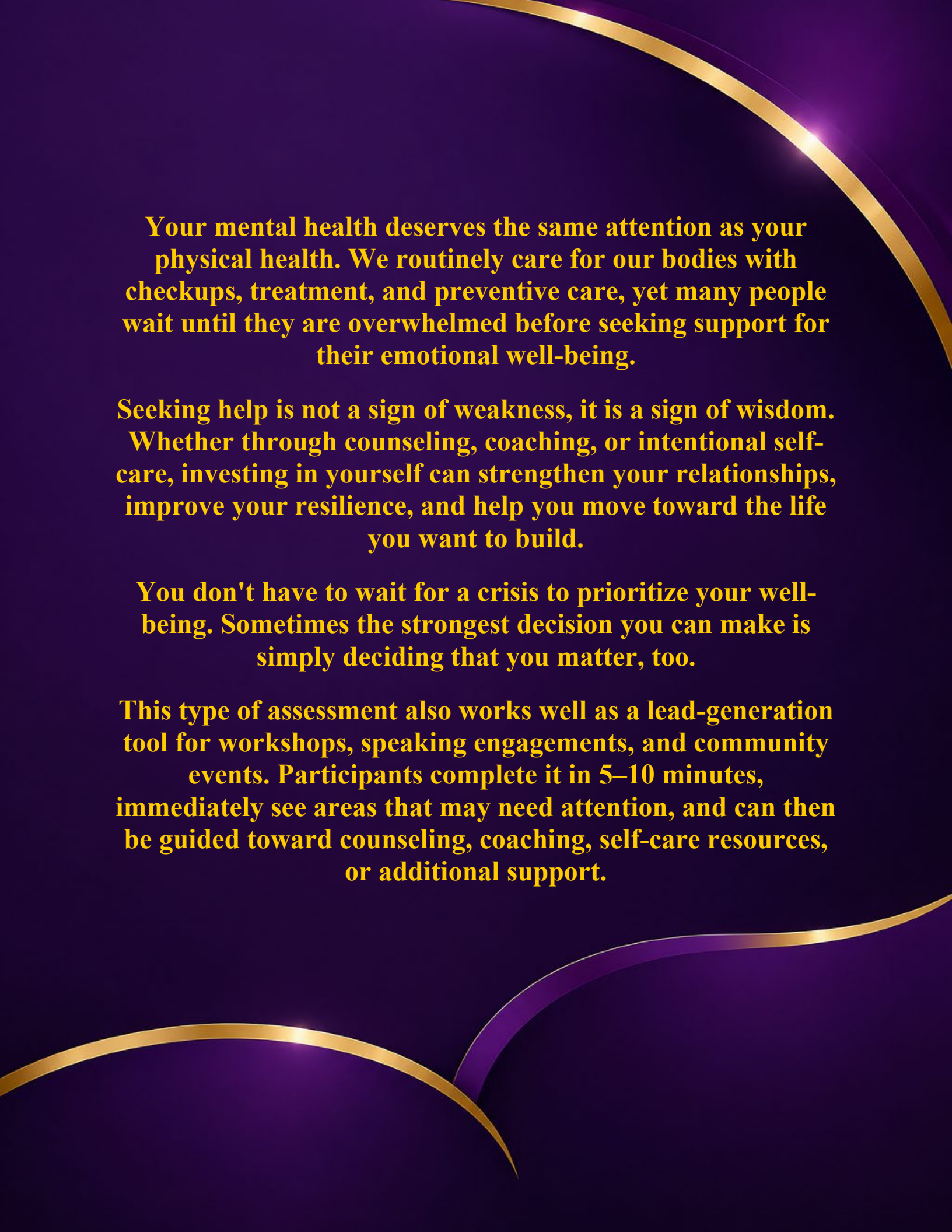
You may benefit from counseling if you are experiencing:

- ✓ Anxiety
- ✓ Depression
- ✓ Trauma
- ✓ Grief
- ✓ Relationship difficulties
- ✓ Stress that interferes with daily functioning

Coaching

Coaching may be a good fit if you:

- ✓ Feel stuck
- ✓ Need accountability
- ✓ Want to pursue personal or professional goals
- ✓ Want greater confidence
- ✓ Need help creating and following through on a plan
- ✓ Desire growth rather than treatment for a mental health condition



Your mental health deserves the same attention as your physical health. We routinely care for our bodies with checkups, treatment, and preventive care, yet many people wait until they are overwhelmed before seeking support for their emotional well-being.

Seeking help is not a sign of weakness, it is a sign of wisdom. Whether through counseling, coaching, or intentional self-care, investing in yourself can strengthen your relationships, improve your resilience, and help you move toward the life you want to build.

You don't have to wait for a crisis to prioritize your well-being. Sometimes the strongest decision you can make is simply deciding that you matter, too.

This type of assessment also works well as a lead-generation tool for workshops, speaking engagements, and community events. Participants complete it in 5–10 minutes, immediately see areas that may need attention, and can then be guided toward counseling, coaching, self-care resources, or additional support.

Helping people rediscover their potential

one step, one goal,

one breakthrough at a time.

I believe every person has the capacity to grow, heal, and create a life filled with purpose. Too often, life's experiences, disappointments, responsibilities, or self-doubt can cause people to lose sight of their strengths, their dreams, and even who they are. My passion is helping people reconnect with the person they were created to be.

My approach is rooted in the belief that you are the expert on your own life. You bring your experiences, values, strengths, and dreams. My role is not to tell you who to become, but to walk alongside you as a guide, helping you uncover obstacles, recognize patterns, gain clarity, and move forward with confidence and intention.

Whether you're navigating a difficult season, pursuing a long-held dream, or simply feeling stuck, I am committed to meeting you where you are. Together, we'll celebrate your progress, work through challenges, and develop practical strategies that align with your goals and the life you want to build.

I genuinely care about the people I serve. Your successes matter to me, your setbacks matter to me, and your growth matters to me. I believe meaningful change happens through authentic connection, compassion, and collaboration. My goal is to create a space where you feel seen, heard, supported, and empowered to take the next step toward becoming the best version of yourself.

You already possess more strength and potential than you may realize. Sometimes all it takes is someone willing to walk beside you as you discover it.

TaLisia
WILLIAMS