



# I'M **DEZ** STEPHENS!

PCC-Credentialed Coach

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Author of 'The Qualitarian' book

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Academy (Level 1 + Level 2 + Level 3)

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# HOW DO YOU WANT TO LIVE?

Real-Life Strategies and Observations  
Leading to a Life Marked by Quality

**QUALITARIAN**  
**QUIZ QUESTIONS**

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# 01

# DINING OUT

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When you dine out and look at the menu, are you reading left to right or right to left?

In other words, are you making your decision based on price or ordering what you really want?

# 02

## RELATIONSHIP BREAKUPS

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When breaking up with someone, do you take the time and energy to end things well or do you tend to avoid the conflict of it?

# **HOME** ALONE

When you're alone at home, are you busying yourself or truly enjoying your home time?

03

# 04

## **BEING VERSUS DOING**

Are you more of a be-er or do-er?

# 05

## **TRAVEL TIME**

When you travel, are you taking advantage of opportunities like dining in a new place or walking new streets? Are you dreading the travel itself?



# MINDING YOUR SENSES

When you take a shower or a bath, are you going through the motions or are you mindful of your senses?



# 07

## OUT IN NATURE

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When you go for a walk, do you notice the sun and the wind in your face? Are you looking up?

08

# **MOON** CYCLES

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When you know it's a new or full moon, do you go outside and look up into the sky?

# PURPOSEFUL EATING

When you feed yourself,  
are you also nourishing yourself?

# 10

## **INTROVERT OR EXTROVERT?**

If you're introverted, do you unnecessarily push yourself to be with others?

If you're extroverted, are you surrounding yourself with positive people or just people in general?

# COACHING TIPS

# QUALITARIAN QUESTIONS

# QUALITARIAN **AREAS**

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**01** Physical

**02** Vocational

**03** Social

**04** Emotional

**05** Mental

**06** Financial

**07** Environmental

**08** Spiritual

# PHYSICAL SUPPORT

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**COACHING TIP:** Try getting one extra hour of sleep to see how it feels. Try drinking one more glass of water throughout the day. Try moving your body an additional five minutes today to see what difference it makes for you.

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**QUALITARIAN QUESTION:** What would it feel like if your were more rested, hydrated and active?



# VOCATIONAL SUPPORT

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**COACHING TIP:** Set aside 15 minutes for yourself today to do ANYTHING you'd like.

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**QUALITARIAN QUESTION:** What do you offer the world in terms of your career?

# SOCIAL SUPPORT

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**COACHING TIP:** Imagine in detail your next ideal friend, partner, child or colleague.

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**QUALITARIAN QUESTION:** Are you the person you need to be for your next great relationship?

# EMOTIONAL SUPPORT

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**COACHING TIP:** Allow grief to take its beautiful time to heart your heart.

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**QUALITARIAN QUESTION:** What do you decide about something for yourself today?

# MENTAL SUPPORT

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**COACHING TIP:** When thinking about your future, try to stay in the best-case scenario in your mind.

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**QUALITARIAN QUESTION:** What's the best thing that's going to happen to you today?

# FINANCIAL SUPPORT

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**COACHING TIP:** Notice how you feel the next time you pay a bill. Are you mad at the vendor?

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**QUALITARIAN QUESTION:** What would more money do for you?

# ENVIRONMENTAL SUPPORT

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**COACHING TIP:** Try spending at least eight minutes outdoors every day.

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**QUALITARIAN QUESTION:** What messages do you receive from nature?

# SPIRITUAL SUPPORT

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**COACHING TIP:** See your life as a continuation of family members who came before you.

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**QUALITARIAN QUESTION:** Are you asking your ancestors for guidance?

**TYING IT ALL  
TOGETHER**

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# THE QUALITARIAN

A Holistic Coach Trainer Shares the Secrets of  
Creating a Currency of Quality to Live More Fully Now

DEZ STEPHENS

**'THE QUALITARIAN'  
BOOK IS AVAILABLE  
AT AMAZON.COM**



**REACH OUT!**  
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