

7 Signs You're Ready for Support (Even If You Don't Know What You Need)

Welcome. I'm really glad you're here.

If you found your way to this guide, there's a good chance something inside you is whispering:

"I can't keep doing things this way."

That doesn't mean you're broken.

It doesn't mean you've failed.

And it definitely doesn't mean you need to have everything figured out.

It usually means you're tired of pushing, forcing, or trying to "fix" yourself — and you're ready for support that actually feels safe, human, and sustainable.

This guide isn't here to label you or diagnose you.

It's here to help you gently notice where you are... and to remind you that **not knowing what you need yet is completely okay.**

Take a breath.

Read slowly.

Let what resonates land.

7 Signs You're Ready for Support

You may be ready for support if...

1. You're exhausted from trying harder

You've read the books, tried the systems, followed the advice — and you're tired of feeling like you're the problem when they don't work.

2. You're functioning, but not fulfilled

From the outside, things may look “fine,” yet inside you feel disconnected, numb, or quietly overwhelmed.

3. You don't feel broken — just misaligned

There's a sense that something needs to change, even if you can't explain what or why.

4. Traditional productivity advice doesn't work for you

Especially if you have an ADHD brain or a sensitive nervous system, forcing consistency and discipline feels draining rather than helpful.

5. You crave both structure *and* freedom

You want support and direction — without pressure, shame, or being boxed in.

6. You feel a pull to slow down and listen

Something in you is asking for space, clarity, or gentleness instead of more noise.

7. You want support — but not at the cost of yourself

You're open to guidance, accountability, and reflection... as long as it honors who you are.

If even one of these stood out, that matters.

Take a Moment To Reflect

You don't need perfect answers — just honesty.

- Which sign felt the loudest for you?
- What feels heavy right now?
- What kind of support would feel safest and most helpful?

You can write your thoughts here, in a journal, or simply hold them quietly.

Clarity often begins with noticing — not deciding.

A Little About Me

My name is **Raven Sky**, I am a spiritual and life coach guided by lived experience — not textbooks.

Everything I offer is rooted in real life: challenges I've personally walked through and transformations I've supported friends and family through along the way. I don't believe in coaching from theory alone. I believe in wisdom earned through experience, accountability, and conscious choice.

I work with people who feel overwhelmed, stuck, disconnected, or unsure — even when they can't put words to it yet.

My coaching style is:

- Gentle, not forceful
- Grounded, not performative
- Structured enough to support you, flexible enough to honor your nervous system

I don't believe you need to be "fixed."

I believe you need space, clarity, and support that meets you where you are.

A Gentle Invitation

If this guide resonated, you're welcome to book a **free discovery call** with me.

This isn't a sales call.

There's no pressure to commit.

It's simply a conversation to see if coaching feels like the right next step for you.

If now isn't the time, that's okay too.

You can come back to this guide whenever you need the reminder:

✨ You don't have to do this alone.

Websites:

Spiritual Coaching: <https://www.thewitchclubcreations.net/coaching>

Life Coaching: <https://sites.google.com/view/coachingwithraven>

Booking Free Consultation

Any questions or inquiries: coachingwithravensky@gmail.com