

WELL-BEING ASSESSMENT

Well-Being Scale 1 - 10 (Rate Each Area Where You Fall On The Scale)

1 = I Hate It & It Couldn't Be Worse

10 = I Love It & Cannot See Any Way to Improve The Perfection It Is

BUSINESS / CAREER: _____

*Doing the work you **love**. Being fully **engaged** in your career of choice.*

What needs to change to make this a perfect "10" for you?

RELATIONSHIPS / LOVE / SOCIAL: _____

*Strong **relationships** with your partner, family and friends. **Love** in your life.*

What needs to change to make this a perfect "10" for you?

MONEY / FINANCIAL: _____

*Having enough **money** and effectively managing it with confidence.*

What needs to change to make this a perfect "10" for you?

PHYSICAL BODY: _____

*Good physical **health** & endless energy.*

What needs to change to make this a perfect "10" for you?

COMMUNITY / GIVE BACK: _____

*Being **engaged** in your community. Doing charitable works and helping others step into **greatness**.*

What needs to change to make this a perfect "10" for you?

ENVIRONMENT: _____

How do you love the areas you spend the most time such as your home, office, or car?

What needs to change to make this a perfect "10" for you?

ME TIME: _____

How happy are you with the time you spend to refresh and renew yourself?

What needs to change to make this a perfect "10" for you?

PERSONAL GROWTH: _____

Developing your own skills and abilities and living your purpose?

What needs to change to make this a perfect "10" for you?

MIND / SPIRIT: _____

Strong mind and spirit. *Feeling connected and living your purpose.*

What needs to change to make this a perfect "10" for you?

YOUR TOP 3

If you could only pick 3 items to focus on improving, what are they? Aim to have at least 1 of these be in a low scoring area.

1.
2.
3.

YOUR 10/3 STRATEGY

Break down three 10 minute action items to take per area you have the resources to start doing TODAY.

1.
2.
3.

3 Inhibitors Assessment

Use this worksheet to take a personal inventory of your own inhibitors. Remember, this is NOT about judgment - it's about awareness and healing. You cannot fix something if you are not aware it exists. Once you know it's there, the next step is to take ownership. Once you "own" it, then you can change it.

Unforgiveness

- Make a list of every person in your life who has done you wrong (start from childhood all the way to the present)
- Write down how they hurt you. How did it make you feel?
- Ask yourself, "Am I still carrying any negative emotion towards this person?"
- Sit with those feelings. It's okay to feel anger, hurt, resentful, etc... all your feelings are valid.

Ask these questions and write out the answers:

- How are these feelings hurting you in your daily life?
- Are any of those people who hurt you still suffering?, or is it just you?

Make a choice. Forgiveness is not about making what they did ok or even having a continued relationship. It's about releasing their hold on you. Choosing to forgive is for YOU, and NOT for them.

- Choose to forgive and free yourself.
- Say outloud "I forgive _____"
- Write it down.
- Repeat as often as necessary or take any other steps YOU need to heal (meditation, therapy, energy healing, journaling, etc...)

Harmful Actions

- Make a list of any harmful action you are participating in. Be honest. This could include destructive eating, alcohol, drugs, shopping, sex, etc...
- Is this behavior about self-protection, self-gratification, or both?
- What triggers this response in you?
- Is the trigger based on a false belief? If so, what is the lie you are telling yourself?
- What is a healthier action you could replace this behavior with?

Wrong Beliefs

- What are your wrong beliefs?
- Make a list of the negative self talk that goes through you head. This can be very painful, but it's okay to go there.
- Look at each thing on your list. How can you flip it?
- When negative self talk starts to happen, what can you do instead to turn it around?