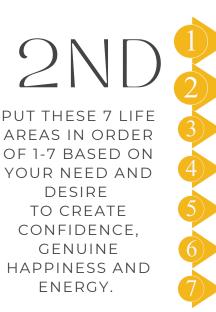
1ST LOOK AT THE 7 LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW CONFIDENT, GENUINELY HAPPY AND ENERGIZED YOU ARE IN EACH AREA OF YOUR LIFE.

PHYSICAL	1	2	3	4	5	6	7	8	9	10
	NOT VERY								EXTREMELY	
FINANCIAL	1	2	3	4	5	6	7	8	9	10
EMOTIONAL	NOT VERY								EXTREMELY	
	1	2	3	4	5	6	7	8	9	10
	NOT VERY								EXTREMELY	
SPIRITUAL	1	2	3	4	5	6	7	8	9	10
	NOT VERY								EXTREMELY	
PROFESSIONAL	1	2	3	4	5	6	7	8	9	10
	NOT VERY								EXTREMELY	
RELATIONAL	1	2	3	4	5	6	7	8	9	10
SOCIAL	NOT VERY								EXTREMELY	
	1	2	3	4	5	6	7	8	9	10
NOT VERY									EXTREMELY	





3RD DROP

DROP DOWN YOUR NUMBER 1 & 2 AND FOLLOW TROUGH

Assess

Why did you choose this area of life as a top area of desire and need to create confidence, genuine happiness and energy?

Action

What actions are being taken in this life area when I picture myself scoring a 10:10?

Trash

What thought, behavior, person or thing do I need to take out of my life or create boundaries around, that have discouraged me from being confident, genuinely happy and energized in this area of my life?

Add

What thought, behavior, person or thing do I need to add to my life or create boundaries around, that have discouraged me from being confident, genuinely happy and energized in this area of my life?

Navigate

What is my plan overcome the discouragements or distractions that will come my way as I take action?

Accelerate 🚩

What are the thoughts, behaviors, people or things that have helped me in this area of my life before that I will maximize and scale up?

UNSTUCK

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X