

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
	NOT VERY				EXTREMELY					
EMOTIONAL	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
	NOT VERY				EXTREMELY					
SOCIAL	1	2	3	4	5	6	7	8	9	10
	NOT VERY				EXTREMELY					

2ND

PUT THESE 7 LIFE AREAS IN ORDER OF 1-7 BASED ON YOUR NEED AND DESIRE TO CREATE CONFIDENCE, GENUINE HAPPINESS AND ENERGY.



3RD

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?

