

SHINE A LIGHT ON YOUR LIFE

ASSESSMENT SHEET

YES	NO
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

HEALTH AND WELLBEING

- Are you eating in way that supports good health?
- Are you getting enough sleep?
- Are you engaging in regular physical exercise and social activity?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

WORK AND CAREER

- Are you happy at your work?
- Are you fulfilled in your career?
- Are you developing yourself as a valuable contribution?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

FAMILY AND RELATIONSHIPS

- Are you in communication with friends and family?
- Are your relationships satisfying and harmonious?
- Are you accepting of differences of opinion?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

LOVE AND INTIMACY

- Are you in loving communication with self and others?
- Are you sharing important moments in life?
- Are you accepting, nurturing and supportive ?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

MONEY AND TIME

- Are you on time to calls / meetings / appointments?
- Are you managing your finances with integrity?
- Are you a believer in mindset as access to abundance?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

CONFIDENCE AND COURAGE

- Are you showing up in public with ease and confidence?
- Are you dealing courageously with the challenges of life?
- Are you an encourager and an enabler?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

GOD AND SPIRITUALITY

- Are you being the person you want to be?
- Are you connected with the source of who you are?
- Are you inspired to live with freedom, grace and ease?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SUCCESS AND HAPPINESS

- Are you living up to your standards for yourself?
- Are you present to your accomplishments?
- Are you grateful for all you have in life?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PASSION AND PURPOSE

- Have you chosen a meaningful purpose for your life?
- Are you inspired to pursue your passion with pleasure?
- Are you living true to the purpose of a fulfilled life?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

SATISFACTION AND FULFILLMENT

- Are you satisfied with your participation in your life?
- Are your finances managed?
- Are you working towards the fulfillment of your dreams?

