

DAY 1
CHAPTER 1
ASSESS WORKSHEET

AN HONEST SELF-REFLECTION:

Know that there are no right or wrong answers; just be honest with yourself

1. Complete the following assessment for six areas of importance for a balanced life:
 - a. Rank Your health: 0 = (I'm tired and sick) to 10 = (I exercise regularly and feel very healthy): 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
 - b. Rank your business: 0 = (I'm losing money) to 10 = (My business is thriving and successful) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
 - c. Rank your relationships: 0 = (I feel alone) to 10 = (I have trustworthy and several long-term relationships) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
 - d. Rank your finances 0: = (I have a debt) to 10 = (I have plenty of money for my lifetime and my offspring/charity after I die) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
 - e. Rank your personal development: 0 = (I don't like to read) to 10 = (I feel completely balanced, knowledgeable, and fulfilled) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
 - f. Rank your spirituality 0: = (There is no higher power) to 10 = (I feel in touch with the higher spirit/God and see His hand in my daily life) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
2. Reflex: How do you feel right now in each of these areas in one word or one sentence?
 - Health -
 - Business -
 - Personal Growth -
 - Finances -
 - Relationships -
 - Spiritual Growth -