

**Day 3**  
**Chapter 1**  
**EVALUATION WORKSHEET**

Until we know how we feel, we cannot ask ourselves what we can do to change or improve our emotional mindset. Habits can become an auto-pilot activity or serve a purpose, and these four main areas are listed below. Identify and list your preferences in the four topics below.

1. What do you listen to?

- A. Radio
- B. Podcast
- C. Spotify
- D. Pandora, Books on CD or ebooks
- E. Something else

How often do you listen?

How does it make you feel when you listen?

2. What do you read?

- A. Newspapers
- B. Online articles
- C. Blogs
- D. Self-help
- E. Marketing strategies
- F. Fiction
- G. Non-fiction
- H. How-to books

How often do you read?

How does it make you feel to read?

3. What do you watch?

How does it make you feel?

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2. Who do you hang out with socially / or at work?

- a. At home?
- b. At Work/School?
- c. After work?
- d. Who do you spend your evenings with?
- e. Who do you run errands with?
- f. Who do you go out and have fun with?

How do they make you feel?

3. What do you think? What has your self-talk been like for the last three days? Are you more aware of it? How does it make you feel regarding these six areas of your life?

Health.

- 1.
- 2.
- 3.

Business

- 1.
- 2.
- 3.

Personal Growth

- 1.
- 2.
- 3.

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**Finances**

- 1.
- 2.
- 3.

**Relationships**

- 1.
- 2.
- 3.

**Spiritual Growth**

- 1.
- 2.
- 3.

4. What we believe about ourselves, our environment, and the world affects our habits as well. How do they make you feel? If these statements above are not positive, be sure to **reframe them below** to be positive. (then reflect on your revised positive statements)

**Health.**

- 1.
- 2.
- 3.

**Business**

- 1.
- 2.
- 3.

**Personal Growth**

- 1.
- 2.

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**EVALUATION WORKSHEET**

3.

**Finances**

1.

2.

3.

**Relationships**

1.

2.

3.

**Spiritual Growth**

1.

2.

3.

5. As you move forward to becoming the best version of yourself, what do you need to make you feel okay or more secure in these areas?

**Health**

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