

DAY 5
CHAPTER 1
RE-EVALUATE WORKSHEET

Your Best Self Worksheet

1. Who are you now? (List 3 words to describe you now):

2. How does this best version move through the world? (List 3 words to describe the way you move through the world):

3. How does this version interact with your loved ones and friends? (List 3 words to describe this interaction):

4. Deal with Adversity and Challenges? (List 3 words to describe these situations):

5. Deal with money? (List 3 words to describe these situations):

6. Organize their day? (List 3 words to describe this):

7. How do these best versions of you affect the world around you? (List 3 words to describe the results of the new you):

8. Look at the world? (List 3 words to describe your new view of the world):

9. Speak of the world? (List 3 words to describe how you communicate the change in your view):

QUESTIONS OF YOUR BEST SELF WORKSHEET

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10. Contribute to the world? (List 3 words to describe new contribution):
11. What do other people feel in the presence of your best self? Maybe ask some close friends or coworkers what they observe or feel when you arrive in a room or hang out with them. (List 3 words to describe this):
12. How do you perceive your new energy output? What do you want others to feel when you are around? (List 3 words to describe the feeling):
13. What do you fear or struggle with today to keep you from being your best version? (List 3 words to describe your fears or struggles.)
- 14 . How can you acknowledge what you need for your best version? What would you do if you had **X**? (fill in the **X** for what you could do to improve in these areas.) Envision what you want in your life!
- Health: If **X**, my health would improve, and I would have more energy.
 - Business: If **X**, my business would increase in revenue.
 - Personal Growth: If I had **X**, my personal growth would exceed my expectations.
 - Finances: If I did **X**, I could afford a vacation.

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- Relationships: If I could **X**, my relationships would support my personal and professional growth.

- Spiritual Growth: If I do **X**, my spiritual growth would be more abundant.

15. What Self-Care activities have you implemented to support your Positive Mindset? (list below 3 changes you are doing to have good self-care):

16. Have you been noticing and correcting your mindset lately?

17. Now, envision yourself a year from now...

Where are you?

18. Now, envision yourself a year from now...

Where are you?

Life-Work Balance Worksheet

To show you how far you have come this week: Rework the Worksheets with a Re-Structured Mindset to see how far your best version of you is coming along !!!!

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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 power/God and see His hand in my daily life) 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

DAILY AFFIRMATIONS WORKSHEET

Section 2

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List an affirmation for each of the six categories to read every morning for inspiration and self-talk support.

A. Health.

- 1.
- 2.
- 3.

B. Business

- 1.
- 2.
- 3.

C. Personal Growth

- 1.
- 2.
- 3.

D. Finances

- 1.
- 2.
- 3.

E. Relationships

- 1.
- 2.
- 3.

F. Spiritual Growth

- 1.
- 2.
- 3.