



How is Your Life Right Now?

In order to get where you want to go, it's important to understand where you are now. The following is designed to be a "snapshot" of your life today. On a scale of 1 to 5, indicate where you believe your life is right now, five being most. Please be as clear and specific as possible.

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|--|---|---|---|---|---|
| I know my core values – and operate from them daily. | 1 | 2 | 3 | 4 | 5 |
| My family life is good. | 1 | 2 | 3 | 4 | 5 |
| My physical health is good. | 1 | 2 | 3 | 4 | 5 |
| My energy (chi) is good. | 1 | 2 | 3 | 4 | 5 |
| I am fulfilling my personal mission in life. | 1 | 2 | 3 | 4 | 5 |
| I have a good social life. | 1 | 2 | 3 | 4 | 5 |
| I have fun. | 1 | 2 | 3 | 4 | 5 |
| I have good time management skills. | 1 | 2 | 3 | 4 | 5 |
| I am meeting my financial goals. | 1 | 2 | 3 | 4 | 5 |
| I take time for myself. | 1 | 2 | 3 | 4 | 5 |
| I learn new things often. | 1 | 2 | 3 | 4 | 5 |
| I am meeting my personal goals. | 1 | 2 | 3 | 4 | 5 |
| I know my challenges. | 1 | 2 | 3 | 4 | 5 |
| My business / work is going well. | 1 | 2 | 3 | 4 | 5 |
| I have a spiritual life. | 1 | 2 | 3 | 4 | 5 |
| I have dreams. | 1 | 2 | 3 | 4 | 5 |
| I am generally happy. | 1 | 2 | 3 | 4 | 5 |

If you have answered more than 14 of the above at a level 4 or below, it's time to look at what else is waiting for you. If you have answered more than 9 at a level 3 or below, the quality of your life is passing you by – it's time to take immediate action!