

The purpose of this evaluation is to take a moment and reflect on the important parts of your life. How important to you is your financial success, your health, your relationships, your physical wellbeing and other aspects of your life? If these are important to you, how satisfied are you with where you are *today* in this area? The purpose is not to admonish or praise yourself, but to get conscious about how to continuously improve each area.

We all make choices with our time every day; once conscious, you can make choices that are more in line with your values. Knowing where you are, and reflecting on what you got here, you now have the power to decide where you want to be and whether or not you are willing to do what you need to do to get there.

Step 1: In the "Importance" box, using the following abbreviations, outline how important each particular area of your life is to you: Not Important (NI), Somewhat Important (SI), Important (I), Very Improvement (VI). If you have other areas of life/business (beyond the ones listed) that you'd like to work on, there are two blank areas that you can fill in.

Step 2: In the "Today" box, rate (on a scale of 1-10, with 10 being the best) how satisfied you are with this area of your life or business at this moment in time.

Step 3: In the "Goal" box, rate (on a scale of 1-10, with 10 being the best) where would you like this area of your life or business to be.

Step 4: Answer the two questions asked for each focus area, taking responsibility for having created it the way it is today and knowing you have the power to change it.

Use this exercise as an awareness practice. Most people don't take stock - congratulations for being one of the brave ones!

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|---|------------|--|-------|--|------|--|
| Family/Friends | Importance | | Today | | Goal | |
| How have you created today's level of satisfaction? | | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | | |
| Relationships | Importance | | Today | | Goal | |
| How have you created today's level of satisfaction? | | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | | |
| Spiritual Condition | Importance | | Today | | Goal | |
| How have you created today's level of satisfaction? | | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | | |
| Business/Financial Goals | Importance | | Today | | Goal | |
| How have you created today's level of satisfaction? | | | | | | |

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|---|------------|--|-------|--|------|
| What do you need to do, or who do you need to be to get to your goal? | | | | | |
| Physical Wellbeing | Importance | | Today | | Goal |
| How have you created today's level of satisfaction? | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | |
| Impact/Legacy | Importance | | Today | | Goal |
| How have you created today's level of satisfaction? | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | |
| Intellectual | Importance | | Today | | Goal |
| How have you created today's level of satisfaction? | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | |
| Other Area: | Importance | | Today | | Goal |
| How have you created today's level of satisfaction? | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | |
| Other Area: | Importance | | Today | | Goal |
| How have you created today's level of satisfaction? | | | | | |
| What do you need to do, or who do you need to be to get to your goal? | | | | | |

Step 5: Now that you have completed this evaluation, what do you notice? If you told yourself the truth, you may have realized that some areas that you "thought" were important, may not be as important to you as you originally thought. If there are areas that are highly important to you, you may be surprised at how much you're neglecting these. You may also notice that a particular area of your life or business is thriving because (surprise!), you're paying attention to it. Now that you are responsible for "how it is", you can start taking steps towards *how you would like it to be*. Remember:

- 1) Consciousness is the first step towards change. Feel good about the fact that you bravely took inventory - you are a rare breed!
- 2) A 1% change, in any area, taken day by day, reaps huge rewards over time. Resist the temptation to steamroll your way to a higher rating. Small, doable steps, over time foster lasting change.
- 3) Habits are your friends. Most of our lives are determined by our habitual unconscious behavior and decisions.
- 4) I'm here to help. If you'd like to discuss the results of your self-evaluation, and determine a course more aligned with your values, call or write me.

Thank you for participating in this exercise. Huge love and support as you go forth to create. - Mark