1. What is a core value to you?
2. Have your core values changed through the years?
3. Why is it important to know your core value?
4. Thinking about the “Be Happy Now” phrase what is one requirement that you have attached to be happy?

Health and Fitness: \_\_\_\_\_\_\_\_\_\_\_\_ Score

EXERCISE:

Let’s look at 12 different areas of your life. Be honest in your assessment no sees this but you.

Score:

10 Strong / 1 weak.

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Intellectual: \_\_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Emotional: \_\_\_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Character: \_\_\_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

 Spiritual: \_\_\_\_\_\_\_\_\_\_\_ Score

EXERCISE:

Let’s look at 12 different areas of your life. Be honest in your assessment no sees this but you.

Score:

10 Strong / 1 weak.

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Love: \_\_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Parenting: \_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Social: \_\_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Financial: \_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Work: \_\_\_\_\_\_\_\_\_\_\_ Score

EXERCISE:

Let’s look at 12 different areas of your life. Be honest in your assessment no sees this but you.

Score:

10 Strong / 1 weak.

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Environment: \_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Life Vision: \_\_\_\_\_\_\_\_\_\_\_ Score

 Where are you out of alignment?

 What need to change to make this a perfect “10” for you?

Focus on ONE thing from the list above that you can work on to fix? What soul choice do you need to make here?

What is your CLEARING STATEMENT (work it out in your journal pages? Then ask yourself the power questions:

What would it take for me to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

What mindset do I need to be in to make this happen?

What would it take for me to embrace change?

How can I fit \_\_\_\_\_\_\_\_ into my day?

How can I free up the time I need to do \_\_\_\_?