

FULFILLMENT ASSESSMENT



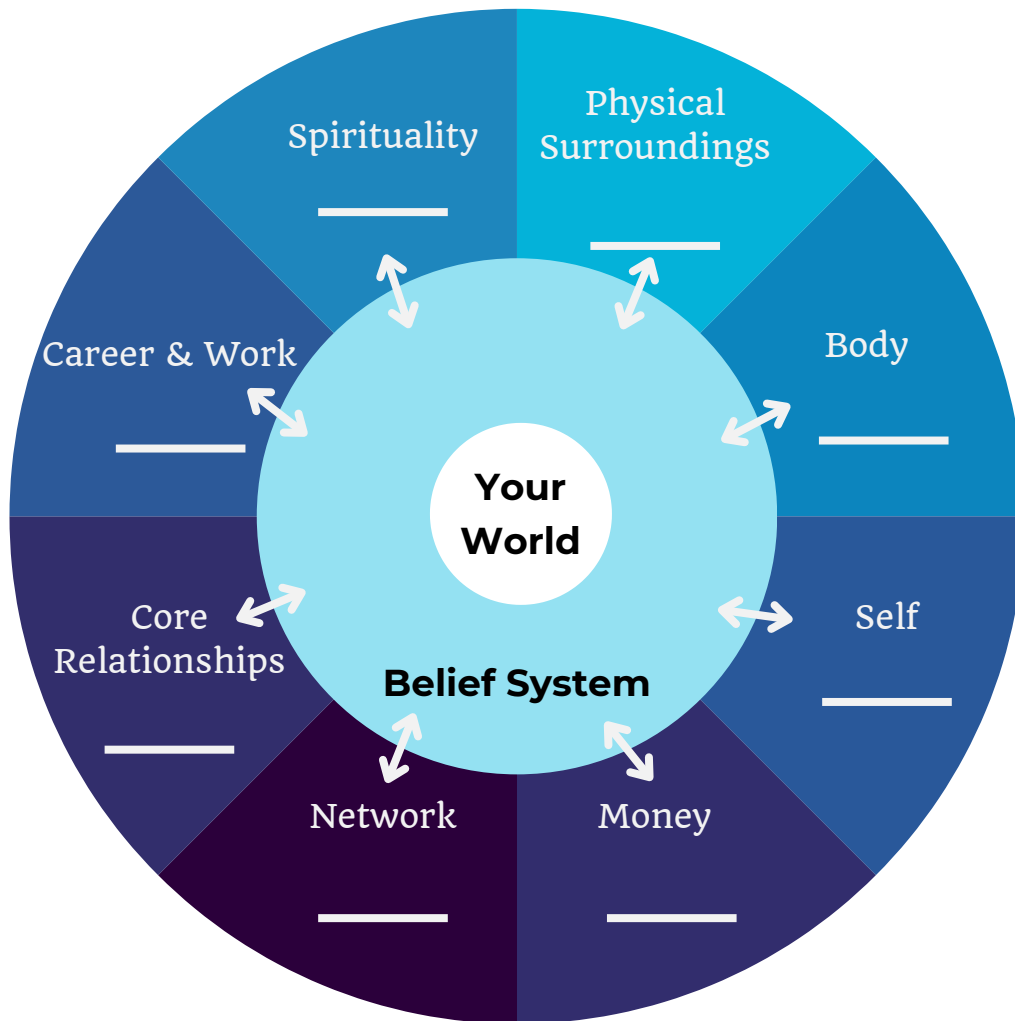
TRANSFORMATION STARTS WITH AWARENESS

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FULFILLMENT *Assessment*

For each area, on a scale of 1-10, rate yourself where you are right now compared to where you ultimately want to be. Put the reality rating inside the section for each area.

MONTH _____



NOTE:

If you are waffling between numbers, always choose the lower number. There's no harm in underestimating, but you don't want to overestimate (usually because of ego) and miss a genuine opportunity to improve your life.

This is not a time to cover anything up. Be honest so you can get the maximum value from this assessment. Whatever the number is, it is OK.

What Each Area Means

1. **Physical Surroundings:** The immediate environment around you in any given situation. These change as you physically move from your home to your car to your job, to the park, etc. Your physical surroundings either inspire you or expire you.
2. **Body:** Your feelings toward and inside of your physical body. This includes your diet, sleep, relaxation, and exercise.
3. **Self:** How you feel about and relate to yourself internally. How positive or negative is your head talk? Do you like who you are and what you see in the mirror?
4. **Money:** Everything related to finances. Could be cash in the bank, cash flow in a business, relationship to money itself, financial security, ability to earn, or all or none of the above.
5. **Network:** All the different networks of people you know that are not your most intimate core relationships, including your support team: an accountability partner, personal coach, mentor, and/or mastermind group.
6. **Core Relationships:** Your most intimate and influential relationships. For most people, there are 5-8 core relationships that influence them the most, but it can sometimes be a little lower or a little higher. This is NOT necessarily your family or close friends.
7. **Career & Work:** Everything related to your job, career, and work. Consider your sense of purpose, growth, achievement, impact, and fulfillment.
8. **Spirituality:** Your personal connection with God and your spiritual growth along your journey.
9. **Belief System:** In general, are your beliefs supportive or generally unsupportive of your goals, happiness, and fulfillment? This is a collection of all your beliefs together as a system.

Fulfillment Assessment

Consider your rating in each area and write down a short statement to describe what a score of 10 would look like for each area.

SPIRITUALITY

PHYSICAL SURROUNDINGS

BODY

SELF

MONEY

NETWORK

CORE RELATIONSHIPS

CAREER & WORK

THE NEXT STEPS...



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