

## Personal Success Audit: What needs your greatest attention?

| Category                             | 1 out of 10   | 10 out of 10  | RATE |
|--------------------------------------|---|---|------|
| <b>Daily Positive Emotions</b>       | Dread getting out of bed.<br>Life sucks & everything in it.<br>Angry & bitter. Lost.<br>Untrusting. Uncertainty.    | Can't stop smiling. Bursting with gratitude & love for life.<br>Sense of clarity and certainty.   |      |
| <b>High Quality Relationships</b>    | Disharmony. Stress.<br>Toxicity. Resentfulness.<br>Distrust. Anger. Frustration.<br>Feeling unloved & disrespected. | So in love with the people in your life. Amazing intimate relationship. Feeling loved.  |      |
| <b>Feeling Connected</b>             | Lonely. Disconnected.<br>Feeling hollow inside. Life has no meaning. Fearful.                                       | Deep sense of connection with God / source / the universe / nature and the people on it. Paradoxically you don't <i>need</i> props or people to feel deep connection. |      |
| <b>Growing</b>                       | Worse now than in the past.<br>Going backwards – fast.<br>Self-disappointment. Feel stagnant. Unfulfilled.          | Always growing physically, mentally, emotionally and spiritually.   |      |
| <b>Meaningful Life Goals</b>         | Self centered. Narcissistic.<br>All about instant gratification. Don't care about others or the planet.             | Choosing and moving in the direction of goals that are deeply meaningful. They leave a positive legacy. They align with your purpose & inspire passion.               |      |
| <b>Financial Flow</b>                | Constantly worried about money. Have none. In debt.<br>Can't make any. Tight fisted with money.                     | Can create money anytime you want it. Never worry about money. More than enough. Give to others.  |      |
| <b>Optimum Health &amp; Vitality</b> | Sick often. No energy.<br>Chronic disease or illness.<br>Always in pain.  | Never get sick. High energy levels. Buzzing. Active.<br>Strong. Resilient.  |      |
| <b>Aligned with Authentic Self</b>   | Feeling like a phony. Not doing work you like. Always influenced by others.   | Living and working in a way completely aligned with your inner self. 100% authentic!  |      |