

# SELF ASSESSMENT

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## INSTRUCTIONS:

Be honest when completing the questions below, as this tool is critical in discovering what areas of your life you need to start working on. I don't want you to share this with anyone; it's just for you, it's a chance for you to be honest with yourself. It's also our starting point for making long-lasting positive changes. Circle the number out of 10 that you believe you are at in the following 5 key areas. A score of 1 indicates you're not doing so well right now; a score of 10 means you're doing amazingly well.

### HEALTH

How happy are you with the way you look? The amount of sleep you get? The amount of overall energy that you have? Your general mood? Your motivation levels? Circle your overall self-assessment of your health out of 10.

1 2 3 4 5 6 7 8 9 10

### FINANCES

Are you living in a house that you love? Do you drive the car you want? Do you have money available to regularly travel and do the things that make you happy? Have you got a financial plan in place, to ensure you continually grow your wealth and will be able to provide for your children's education, your own future, and the generations to come after you? Circle your overall self-assessment out of 10

1 2 3 4 5 6 7 8 9 10

### WORK & BUSINESS

Out of 10, how much are you enjoying work? Are you moving towards your career or business goals? Are you in the right business and earning the money you desire? How stressed are you? Circle your overall self-assessment out of 10.

1 2 3 4 5 6 7 8 9 10

### HAPPINESS

How often do you spend time doing the things that really make you happy? Would you say you have a fun life? Do you have things to look forward to in life? Circle your overall self-assessment out of 10.

1 2 3 4 5 6 7 8 9 10

### GENEROSITY

Are you fulfilled? When was the last time you went out of your way to help someone else? Giving is about changing your mindset to be conscious that other people need help than actually wanting to make an effort to make a positive difference in other people's lives on a regular basis. Circle your overall self-assessment of how generous you are out of 10.

1 2 3 4 5 6 7 8 9 10

# SELF ASSESSMENT SCORE

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## CURRENT SCORE

Now by adding them together, what's your total life score out of 50 at present?

Health \_\_\_\_\_

Finances \_\_\_\_\_

Work and Business \_\_\_\_\_

Happiness \_\_\_\_\_

Generosity \_\_\_\_\_

Total \_\_\_\_\_ / 50

## SUMMARY

If you are at 10/10 in all the areas, then congratulations! If you're like the 99.9% of the rest of us, it's likely that there are areas where you are doing well and areas where you could use some help. The aim of this course is to help you make incremental changes in all parts of your life, which together will culminate in a whole new outlook and amazing life for yourself. The aim is not to be perfect - no one scores 10/10 in all categories all of the time. That would be impossible, and we all go through dark days, weeks, months, and years. By the end of this course, I want to get you to a point where you are at a consistent 7 or 8 out of 10 in all categories, most of the time.