

SELF-ASSESSMENT

A Look Inside...

Rank Yourself from 1-10 in each of these areas. 1 being the lowest when it comes to health and 10 being the highest when it comes to health.

Stress: the feeling of being overwhelmed or unable to cope with mental or emotional pressure.

1-----10

Burnout: a state of emotional, physical and mental exhaustion caused by excessive and prolonged stress.

1-----10

Emotional Stability: you are able to withstand difficult situations, handle adversity, and remain productive throughout your day.

1-----10

Spiritual Connection: daily seeking spiritual guidance whether through reading, prayer, meditation or accountability.

1-----10

Community: a feeling of fellowship with other people that are like minded.

1-----10

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Taking Action...

Time to take action! You are going to choose one of these areas that you want to work on this week. As you grow in that area, you will choose another area. Life is about PROGRESS, NOT PERFECTION!

Use this process to take action!

Area that I am taking action in:

Break: what habit in this area do you want to break?

Make: what new habit do you want to replace it with?

Take: What DAILY action steps will you take towards this new habit?
