

# LIFE ASSESSMENT REFLECTION

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Life Assessment Area:

Current Reality (#Rated 1-10):	What is Possible: 10!
What thoughts/limiting beliefs are getting in the way of you being at a 10?	What new thoughts/beliefs would better serve you?
How do you feel about the number that you currently assigned to this area?	What would it feel like to be at a 10?
Are there any patterns/behaviors that are holding you back from being where you want to in this area?	What would it take to get to a 10?  What is one thing you could start implementing daily to support you in getting to a 10?
	What song would get you into the feeling of a 10?  Create a vision declaration for what you want in this area.