

Life Assessment

KNOWLEDGE IS POWER.

LET'S DO THIS!

Take this opportunity to be lovingly self-aware on where you are at in life.

Rate yourself 0-10 in each area.

10 being everything is AWESOME and I couldn't ask for more.

Don't overthink it...just go with the first number that comes to mind.

And, remember, there is no judgement with results.

The numbers are just what is and offer an opportunity for reflection.

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