

Where Are You Ready to Grow?

The following pages offer a survey to help you determine which areas are most significant for you to work on at this time. The survey is also available on my website so you can take it multiple times to track your progress. For each of the items, rate yourself on a scale of 1-5. Please rate yourself a 1 if you feel you need drastic improvement and a 5 if you feel totally satisfied in that area. Answer the questions with your first instinct and be as honest with yourself as you can. If you are truly not sure how to answer a certain item, ask a close friend or family member for their input on where they think you have room for improvement. Please check back to the correlating sections in the book if you need clarification before you rate yourself.

Scale of 1-5

1. This is incredibly challenging for me. I need all the help I can get.
2. I need to do significant work in this area.
3. I need to do work in this area.
4. I feel good overall but could benefit from some fine-tuning.
5. I feel comfortable and confident in this area.

Part 1: Body

1. Healing Whole Foods	1	2	3	4	5
2. Relaxed Eating	1	2	3	4	5
3. Hydration	1	2	3	4	5
4. Posture	1	2	3	4	5
5. Joyful Movement	1	2	3	4	5
6. Slowing Down	1	2	3	4	5
7. Breathing	1	2	3	4	5
8. Relaxation	1	2	3	4	5
9. Nature	1	2	3	4	5
10. Sleep	1	2	3	4	5
11. Cut Back on Chemicals	1	2	3	4	5
12. Continue to Explore	1	2	3	4	5

Part 2: Heart

1. Self-Love	1	2	3	4	5
2. Compassion	1	2	3	4	5
3. Trust Yourself	1	2	3	4	5
4. Express Your Feelings	1	2	3	4	5
5. Prioritize Yourself	1	2	3	4	5
6. Appreciation	1	2	3	4	5
7. Accept Constructive Criticism	1	2	3	4	5
8. Forgiveness	1	2	3	4	5
9. Eliminate Negative Comparisons	1	2	3	4	5
10. Protect Your Energy	1	2	3	4	5

Empowering the Sensitive Soul

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|--------------------------|---|---|---|---|---|
| 11. Choose Love | 1 | 2 | 3 | 4 | 5 |
| 12. Ways to Find Balance | 1 | 2 | 3 | 4 | 5 |

Part 3: Mind

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|-----------------------------------|---|---|---|---|---|
| 1. Choose a Positive Outlook | 1 | 2 | 3 | 4 | 5 |
| 2. Accept What Is | 1 | 2 | 3 | 4 | 5 |
| 3. Choose Your Words Thoughtfully | 1 | 2 | 3 | 4 | 5 |
| 4. Respond Rather Than React | 1 | 2 | 3 | 4 | 5 |
| 5. Let Go of Limiting Beliefs | 1 | 2 | 3 | 4 | 5 |
| 6. Visualization | 1 | 2 | 3 | 4 | 5 |
| 7. Be Present | 1 | 2 | 3 | 4 | 5 |
| 8. Open Your Mind | 1 | 2 | 3 | 4 | 5 |
| 9. Organization | 1 | 2 | 3 | 4 | 5 |
| 10. Limit Electronics | 1 | 2 | 3 | 4 | 5 |
| 11. Let Go of the Little Things | 1 | 2 | 3 | 4 | 5 |
| 12. Release Perfectionism | 1 | 2 | 3 | 4 | 5 |

Goals

Review your survey and look for your three lowest rated categories. Consider these your main opportunities for growth. If there are ties, choose the three that stand out to you the most or the ones you feel most ready to tackle. From those three, take a moment to write a few sentences about the aspects of that area that are most challenging for you and what your goal or intention is for that area moving forward. Include the stage of change you are at, if applicable. Use this information to determine what to put your attention on first.

If possible, make sure that your goals are specific, reasonable, and time bound.

Example

Opportunity for growth: My house is disorganized and I can never find what I need when I need it. I feel overwhelmed by my clutter and can't relax. I can't live this way anymore.

Weak Goal: I will become organized.

Strong Goal: I will organize my house one room at a time, getting rid of all the possessions that do not bring me joy. I will allow myself two weeks to work on each room and will complete the project in three months.

Opportunity for growth #1 _____

Goal: _____

Opportunity for growth #2 _____

Goal: _____

Opportunity for growth #3 _____

Goal: _____

Moving Forward

For the next month (or whatever is best for your schedule), commit to working toward these goals. After the month is over, re-evaluate, either casually or by retaking the survey. From there, you can decide if you need to continue to work on those goals or if you are ready to move on to new ones. Remember, it is important to take your time and not overwhelm yourself. More is not always better. If working on three goals at once feels like way too much, slow down and do one or two at a time. You can always come back to them later.