What LEVEL Are You?

Where are you on a scale of 1 to 10 in the following areas? It is important to measure where you start from, so that you can CELEBRATE how you have changed in just a few months.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CATEGORIES** | **Where a number 1 would be…** | **And a number 10 would be…** | **Baseline** | **Program Completion** |
| **Daily JOY** | Dread your days. | Can't get the ridiculously big smile off your face. |  |  |
| **OPTIMISM** | Life is there to break you. | Complete trust and faith in life to give you everything you ask for. |  |  |
| **GRATITUDE** | Not really grateful for anything. | So grateful for the life you have & everything in it. Say thank you to life / universe ALL the time. |  |  |
| **ENTHUSIASM** | Hate anything new or different and not interested in trying. | Love life, love its changes, can't wait to experience more. Jumping out of your skin. |  |  |
| **PASSION** | No idea what it even means. | You feel wonderful energy coming from your core that overflows into everything that you do. |  |  |
| **ENERGY Level** | Have no energy. | Ridiculously high. You could power a small village off your excess. |  |  |
| **CONSCIOUSNESS / SELF-AWARENESS** | You are a hamster on a spinning wheel. Knee-jerk reactions rule. | You are 100% of your thoughts, your actions and results & can change them mid-swing. |  |  |
| **PURPOSE** | No clue. No plan. No interest. | Have a definite plan on how to live your highest purpose and achieve ALL your goals. |  |  |
| **KNOWLEDGE & WISDOM** | Don’t have a clue why you feel, act or behave the way you do. Clueless. | Have a deep understanding of how the mind & body are integrated & how you can get results. |  |  |
| **Self LOVE** | Hate yourself. Consciously or subconsciously hurt yourself | Deep love, approval & respect of yourself. Don’t need external approval at all.  |  |  |
| **INTEGRITY** | Totally out of alignment with Integrity and often tell lies to yourself & others | 100% honest with yourself & others regardless of what the consequences are. |  |  |
| **Sense of HAPPINESS** | Unhappy. Not enjoying life. Life sucks! | Love your life. Love the planet. Love everyone in it. Love yourself. |  |  |

Adapted from Carl Massy www.CarlMassy.com