

# Time to Reflect

- Below list 8 different areas of your life, such as work, relationships, well-being, learning, etc...
- Write a description of your ideal state for each area.
- Examine how you currently think, feel, and take action in each of the areas.
- Read your statements and circle a number rating.
- Identify 2 or 3 areas you would like to improve.
- Choose one area to focus on first.
- Repeat this assessment monthly to reflect on and celebrate your growth.

1 = Strongly disagree    10 = I am AWESOME!

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