



Life Assessment

How long has it been since you took a good look at your life?
Are you living the life you imagined?

We invite you to take this brief Life Assessment designed to help you discover which areas of your life might need some support and how Compass can help you find some direction.

Life Balance

“If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success all.” ~Anna Quindlen

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| Yes | No | My daily schedule reflects my priorities and what is important to me in life. |
| Yes | No | I regularly spend time on self care and hobbies that I am passionate about. |
| Yes | No | Each day I set aside <i>at least</i> 10 minutes for downtime or spiritual practices. |
| Yes | No | I feel my home and surroundings are well cared for, inspire me and support me to be my best. |

_____ **Fulfillment Score in Life Balance** (give yourself 25 points for each Yes)

“Compass has brought to my life a sense of intention. I’m beginning to feel as though I am more conscious of “my world”. I’m beginning to trust myself on a much deeper level than ever before. I’m feeling more connected to myself & I’m making myself a priority. Don’t get me wrong...it’s not always easy to stay on track but with the support from everyone I am and I will continue my journey of discovery...” ~Stephanie Stephens

Money & Career

“Money is only a tool. It will take you wherever you wish, but it will not replace you as the driver.”

~Ayn Rand

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| Yes | No | I feel organized and have good methods of tracking my spending, saving, and investing. |
| Yes | No | I enjoy my workplace, co-workers, and clients. |
| Yes | No | I am debt free or at least have a financial plan that I feel good about to manage my debt. |
| Yes | No | Even though it is challenging at times, I feel satisfied at the end of the day and know I am making a difference by what I do. |

_____ **Fulfillment Score in Money & Career** (give yourself 25 points for each Yes)

“Working on the MAP [Defining Success], I really saw how I defined success. When I was in corporate, it was all the external stuff and that’s not important to me anymore. It’s about me being who I am. Why my soul is here on this earth and the work I have to do...” ~Kath Michel Schnorr

Relationships

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart." ~Helen Keller

- Yes No** My relationship with my significant other is strong, supportive and is very satisfying to me. (If single, I am happy with the relationships in my life as they currently are.)
- Yes No** My family relationships are loving and for the most part stress free.
- Yes No** My friendships are authentic and mutually supportive.
- Yes No** I enjoy being involved in my community and feel that I am making a difference in lives of others.

_____ **Fulfillment Score in Relationships** (give yourself 25 points for each Yes)

"I've been working solo for 4 years. My energy was drained, my passion was drained, my creativity was drained and I knew that I needed to find a team of people to work with. So I set an intention that I find a team and Compass showed up."
~Nancy Grant

Wellness

"Happiness lies, first of all, in health." ~George William Curtis

- Yes No** I am happy with my weight and appearance.
- Yes No** I have plenty of energy to accomplish my daily goals and commitments.
- Yes No** I feel confident and comfortable with my style and the way I present myself.
- Yes No** I make regular appointments with healthcare professionals, stylists and other body care workers to care for my health and prevent disease.

_____ **Fulfillment Score in Wellness** (give yourself 25 points for each Yes)

"I look forward to listening to the daily MAP before I start work. It allows me to start the day with "me" in mind, and validates the value I have as a woman". Heather Rixin,

Your Results Enter your scores in the Compass below:

