

"BE AND LOVE THE BEST YOU"

SELF-ASSESSMENT TOOL

Q1 HOW "HAPPY" DO YOU FEEL ABOUT YOUR LIFE RIGHT NOW?

- Write down everything you FEEL, positive and/or negative about your life. You can write as much as you like, but aim for a min. of 1 paragraph for the assessment to be effective.
- Circle/highlight all the positive and/or negative EMOTIONAL/FEELING words in your answer. Hint: They usually follow the words "feel" or "am".



ANSWER

SAMPLE ANSWER

I am **happy** with my body. I am really **pleased** with my work results so far. Sometimes I do feel a bit **dissatisfied** when I look in my bank account. There are times that I feel **afraid** to talk to my husband. I feel really **beautiful** and **at peace** within myself.

- Where are the majority of your answers leaning towards?

MY EMOTIONS ARE GENERALLY

<input type="checkbox"/> MORE POSITIVE	<input type="checkbox"/> MORE NEGATIVE	<input type="checkbox"/> BALANCED: 50% POSITIVE 50% NEGATIVE
--	--	--



Q2 HOW "POSITIVE" ARE YOU IN YOUR LIFE RIGHT NOW?

- Write down everything you THINK, positive or negative about your life right now. You can write as much as you like, but aim for a min. of 1 paragraph for the assessment to be effective.
- Go back to all your answers and circle/highlight all the positive or negative THOUGHTS/IDEAS/BELIEFS/UNDERSTANDINGS.

SAMPLE ANSWER

I'm so **stressed about everything I have to do in my day**. I am not **really sure** what I can or cannot do. Am I **doing things right or not**? Can I get **everything done on time**?

ANSWER

- Where are the majority of your answers leaning towards?

MY THOUGHTS ARE GENERALLY

<input type="checkbox"/> MORE POSITIVE	<input type="checkbox"/> MORE NEGATIVE	<input type="checkbox"/> BALANCED: 50% POSITIVE 50% NEGATIVE
--	--	--

Q3 HOW "SUCCESSFUL" ARE YOU IN YOUR LIFE RIGHT NOW?

- Write down all the RESULTS you see, positive and/or negative about your life right now, but aim for a min. of 1 paragraph for the assessment to be effective.
- Circle/highlight all the positive and/or negative results in your answers.



ANSWER

SAMPLE ANSWER

I see my business is **performing at its optimum** right now. My team is **productive and harmonious**. I am **working longer hours** to achieve these good results. I **don't get as much time to spend with my husband and kids**.

- Where are the majority of your answers leaning towards?

MY RESULTS ARE GENERALLY

<input type="checkbox"/> MORE POSITIVE	<input type="checkbox"/> MORE NEGATIVE	<input type="checkbox"/> BALANCED: 50% POSITIVE 50% NEGATIVE
--	--	--

Q4 HOW "HAPPY.POSITIVE.SUCCESSFUL" ARE YOU IN YOUR LIFE RIGHT NOW?



RATE

RATE

RATE

- Review your answers to Q1-3.
- Based on your Q1 answers, on a scale of 1-5, with 5 being "Most Positive", and 1 being "Least Positive", how would you rate the EMOTIONS you feel in your life right now?
- Based on your Q2 answers, on a scale of 1-5, with 5 being "Most Positive", and 1 being "Least Positive", how would you rate the THOUGHTS you think in your life right now?
- Based on your Q3 answers, on a scale of 1-5, with 5 being "Most Successful", and 1 being "Least Successful", how would you rate the RESULTS you created in your life right now?
- Based on your answers to the above, which element/s need your most immediate and urgent attention?

THOUGHTS

EMOTIONS

RESULTS

Q5 WHAT ARE YOU GOING TO DO ABOUT YOUR LIFE RIGHT NOW?

DO NOTHING

LEARN HOW TO INCREASE THE POSITIVE LEVELS OF MY THOUGHTS & EMOTIONS

LEARN HOW TO INCREASE THE SUCCESS OF THE RESULTS IN MY LIFE



NEXT TAKE ACTION STEPS:

- Get a copy of Soochen's "Yes You Can! Yes you are MORE than enough!" Ebook to learn how you can Be and Love the BEST you
- Schedule a Confidence & Joy Strategy session with Soochen to work out a Be and Love the BEST YOU plan.
- Email soochen@happypositivesuccessful.com for how to make your next steps reality.