

Life Clarity Pre-Course Assignment 1

Step 1: How “Happy” are you in your life right now?

The “Happy” element in the Happy.Positive.Successful Formula represents the **EMOTIONS** that you feel.

1. Write down everything you **FEEL**, positive and/or negative about your SELF, HEALTH, RELATIONSHIPS, WORK and WEALTH areas. Be as detailed as you can, the more detail enables you to see your life clearer and help identify where you are at. Aim for a min of ½ to 1 page for each life area.
2. Go back to all your answers and circle/highlight all the positive and/or negative EMOTIONAL/FEELING words. *Hint: They usually follow the words “feel” or “am”.*
3. Where do you see the majority of your answers leaning towards? More positive/negative or balanced?

(Fill ½-1 page for each life area):

SELF:

HEALTH:

RELATIONSHIPS:

WORK:

WEALTH:

Sample answer:

I am **happy** about my bodyweight right now. I am really **pleased** with my results so far. I still have more to go, that’s why sometimes I feel a bit **dissatisfied** when I look in the mirror. There are still times that I feel **afraid** to look at the mirror but when I see how far I’ve come, I feel really **beautiful** and **proud** of myself.

My emotions are generally

- More positive
- More negative
- Balanced: 50% positive 50% negative

Step 2: How “Positive” are you in your life right now?

The “POSITIVE” element in the Happy.Positive.Successful Formula represents the **THOUGHTS** that you think. This is also known as your **SELF-TALK**- the conversations that you have with you and what you tell yourself.

1. Write down everything you think, positive or negative about your SELF, HEALTH, RELATIONSHIPS, WORK and WEALTH areas. Be as detailed as you can, the more detail enables you to see your life clearer and help identify where you are at. Aim for a min of ½ to 1 page for each life area.
2. Go back to all your answers and circle/highlight all the positive or negative THOUGHTS/IDEAS/BELIEFS/UNDERSTANDINGS.
3. Where do you see the majority of your answers leaning towards? More positive/negative or balanced?

(Fill ½-1 page for each life area):

SELF:

HEALTH:

RELATIONSHIPS:

WORK:

WEALTH:

Sample answer:

“I get really stressed about everything I have to do in my day. I think it’s because I am not really sure what I can or cannot do. This uncertainty makes me less confident and I worry if I am doing things right or not. I’m also not sure if I can get things done on time or not.”

My thoughts are generally

- More positive
- More negative
- Balanced: 50% positive 50% negative

Step 3: How “Successful” are you in your life right now?

The “Successful” element in the Happy.Positive.Successful Formula represents the **RESULTS** that you see in your life. Results are the **OUTCOMES** of actions you have taken or your present reality i.e. What do things look like and what is happening currently?

1. Write down all the results you see, positive and/or negative about your SELF, HEALTH, RELATIONSHIPS, WORK and WEALTH areas in your life. Be as detailed as you can. Aim for a min of ½ to 1 page for each life area.
2. Go back to all your answers and circle/highlight all the positive and/or negative results in your answers.
3. Where do you see the majority of your answers leaning towards? More positive/negative or balanced?

(Fill ½-1 page for each life area):

SELF:

HEALTH:

RELATIONSHIPS:

WORK:

WEALTH:

Sample answer:

I see my department is **performing at its optimum** right now. The team is **getting along really well with each other both at work and socially**. Our processes are **efficient** and everyone **looks happy** to come to work on Mondays. My only concern is that we seem to be **working longer hours** to achieve these good results.

Q3. My results are generally

- More positive
- More negative
- Balanced: 50% positive 50% negative

Step 4: How “Happy.Positive.Successful” are you in your life right now?

When the 3 elements ‘Happy’, ‘Positive’ and ‘Successful’ are combined, your thoughts, emotions and results form the process through which your Happy.Positive.Successful life is created.

1. Review your answers to Steps 1 -3 for all 5 Life Areas- SELF, HEALTH, RELATIONSHIPS, WORK and WEALTH.
2. Which life area/s is the most Happy.Positive.Successful? The answer would be based on the life areas that have the majority of positive thoughts, emotions and results.
3. Which life area/s is the least Happy.Positive.Successful? The answer would be based on the life areas that have the least positive thoughts, emotions and results.
4. Rate your 5 Life Areas with a scale of 1-5. 5 being the most Happy.Positive.Successful and 1 as the least.

- SELF
- HEALTH
- RELATIONSHIPS
- WORK
- WEALTH

5. Based on your answers to Q2, which life area/s need your most immediate and urgent attention?
6. Why? Detail your reasons below: