



# “Well Balanced” Checklist

**ARE YOU LIVING A WELL ROUNDED LIFE?**

**You have to know the components of life  
before you can change your life**



## “Well Balanced” Checklist

### What would it look like if you had enough **AWARENESS** to know what to change about yourself?

Then created the **CAPACITY** to allow new things in your life to take shape then learned how to double your **VITALITY** to give you the energy you need so you can expand your **PERCEPTION** and not be led by your emotions and then finally you are able to shift your **PERSPECTIVE** effortlessly and your life changes.

### What would that look like to you?

Sustainability is not easy to pull off in today's day and age, but when you get to know and feel the rewards of it you have unshakable confidence and your life becomes easier and more rewarding.

You need to know where you are starting from so you can measure your growth...

#### Where are you? (0-5)

- Awareness:** Clarity in purpose and meaning, you get a huge dose of confidence
- Capacity:** Allows you to let things go—You get huge dose of happiness
- Vitality:** Allows you to finish what you start- You get huge dose of energy
- Perception:** Void blind spots –you get huge dose of enthusiasm
- Values:** Before qualities builds authenticity- you get sustainable results
- Congruency:** Balance of the heart and mind when making decisions- Culture by design and not default
- Natural inspiration:** Build a following and your team will do anything to cross the finish line with you
- Emotional Awareness:** develop empathy not sympathy
- Better instincts:** Improves your problem solving

We all have these qualities within us, we just need to rediscover them. Your next step is to focus on two or three of these challenges and get to work on improving them!

As always, use your newly freed up time and clarity to focus on what's important to your business and personal life.

If you want to take this training to the next level and anchor your vision to your next steps, contact me:

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