



PHYSICAL

Become of master of caring for your human body via sleep, exercise, and nutrition via whole foods.

Know the importance of rest, rhythms, integration and renewal.

Worship your body like a temple—**ANYTHING** you put into your body has an affect toward or away from thriving.

SELF-INQUIRY

In this moment are my choices aligned with physical thriving or burnout?



MENTAL

Drop your mental stories and get real.

Go beyond your ego so that the mind is a servant to being-ness, accessing wisdom and pure intelligence that is consciousness.

Let go of personal agenda to take action for the good of all.

SELF-INQUIRY

How can I “drop into” my deeper wisdom and let go of what my mind/ego thinks should happen?



EMOTIONAL

Be a master of allowing feelings to flow and capture the wisdom from emotions.

Conscious leaders know that emotions are really just energy that comes and goes as phenomena.

Overcoming fear is overcoming stress—boost your immune system with emotional flow.

SELF-INQUIRY

How can I welcome my emotional energy and fully BE in my experience?



SPIRITUAL

Open fully to allow life to flow through you and realize that we are not in control.

Mindful beings have full access to spirit and source and are guided by something larger than oneself.

Know that personal growth is an endless journey and that everything is in service of awakening to the truth of who we are.

SELF-INQUIRY

What does my life stand for?
Who am I?

Make an impact in the world by being healthy and consciously thriving!



Rate your level of satisfaction with your **PHYSICAL WELL-BEING**



1 2 3 4 5 6 7 8 9 10

**TRUTH =
CLARITY**

What are your major complaints?

Satisfaction Levels (rate 1 - 10):

<input type="checkbox"/> SLEEP	<input type="checkbox"/> FOOD/DRINK INTAKE
<input type="checkbox"/> EXERCISE/MOVEMENT	<input type="checkbox"/> RELAXATION/INTEGRATION TIME
<input type="checkbox"/> QUALITY OF BREATHING	<input type="checkbox"/> STRESS REDUCTION PRACTICES
<input type="checkbox"/> OTHER	

What are the primary factors calling your attention?

Pause and acknowledge – **ACCEPTANCE** is at the root of change:
Be where you are and accept yourself unconditionally. What about
this haven't I accepted?

SELF-ACCEPTANCE

**TRUTH =
REAL DESIRE**

What do I **REALLY** want regardless of what others think?

What is one or more step(s) you can do to move into action –
toward thriving?

1.

2.

3.

By when:

How will I hold myself accountable?

TAKE ACTION

SELF-INQUIRY

In this moment are my choices aligned with physical thriving or burnout?



Rate your level of satisfaction with your **MENTAL WELL-BEING**



1 2 3 4 5 6 7 8 9 10

**TRUTH =
CLARITY**

What are your major complaints?

Satisfaction Levels (rate 1 - 10):

- | | |
|---|---|
| <input type="checkbox"/> BEING PRESENT VS PAST/FUTURE | <input type="checkbox"/> MENTAL STORIES |
| <input type="checkbox"/> CONCERN VS WORRY | <input type="checkbox"/> INNER CRITIC |
| <input type="checkbox"/> VALUES ALIGNMENT VS CONDITIONING | <input type="checkbox"/> KNOWING VS KNOWING ABOUT |
| <input type="checkbox"/> OTHER | |

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TAKE ACTION

SELF-INQUIRY

How do I listen to my deeper wisdom and let go of what my
mind/ego thinks should happen?



Rate your level of satisfaction with your **EMOTIONAL WELL-BEING** ➤

1 2 3 4 5 6 7 8 9 10

**TRUTH =
CLARITY**

What are your major complaints?

Satisfaction Levels (rate 1 - 10):

- | | |
|---|--|
| <input type="checkbox"/> EXPRESSING EMOTIONS EASILY | <input type="checkbox"/> CREATIVITY |
| <input type="checkbox"/> ENERGY FLOW | <input type="checkbox"/> MANAGING FEAR RESPONSES |
| <input type="checkbox"/> MINDFUL ADRENALINE | <input type="checkbox"/> ALLOWING VULNERABILITY |
| <input type="checkbox"/> OTHER | |

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TAKE ACTION

SELF-INQUIRY

How do I welcome my emotional energy and fully BE in my experience?



Rate your level of satisfaction with your **SPIRITUAL WELL-BEING**



1 2 3 4 5 6 7 8 9 10

**TRUTH =
CLARITY**

What are your major complaints?

Satisfaction Levels (rate 1 - 10):

___ MEDITATION

___ ALIGNMENT WITH TRUE SELF

___ BEING VS DOING

___ HIGHER PURPOSE

___ INNER WISDOM

___ CONNECTION W/ SELF AND OTHERS

___ OTHER

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TAKE ACTION

SELF-INQUIRY

What does my life stand for? Who am I?



Rate your level of satisfaction with your **FINANCIAL WELL-BEING**)

1 2 3 4 5 6 7 8 9 10

TRUTH =
CLARITY

What are your major complaints?

Satisfaction Levels (rate 1 - 10):

- ___ SPENDING
- ___ SHARING (PHILANTHROPY)
- ___ VALUES ALIGNMENT W/ WEALTH
- ___ OTHER
- ___ SAVING
- ___ TRANSFERRING
- ___ ABUNDANCE VS SCARCITY MENTALITY

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TAKE ACTION

SELF-INQUIRY

Am I spending, saving, sharing and transferring my wealth
in alignment with my values?

Come off auto-pilot and into the driver's seat

1 STEP INTO THE TRUTH

Truth leads to clarity about your experiences and empowers you to face your reality

2 GET CLEAR

Clarity sheds the light on your reality and brings relief that you are not in an illusion

3 ACCEPT WHAT YOU'VE CREATED

Self-acceptance is the willingness to own, experience, and take responsibility for our thoughts, feelings, and actions, without evasion, denial, or disowning – and also without self-repudiation; giving oneself permission to think one's thoughts, experience one's emotions, and look at one's actions without necessarily liking, endorsing or condoning them. If we are self-accepting, we do not experience ourselves as always “on trial,” and what this leads to is non-defensiveness and willingness to hear critical feedback or different ideas without becoming hostile and adversarial.

4 STEP INTO THE TRUTH

Truth leads to clarity about having full access to what we want and don't want, our independent “yes” or “no”

5 REAL DESIRE

With access to our boundaries we can ask, “what do I REALLY want?” without the influence of our mind/ego getting in the way.

6 TAKE ACTION

Information without action is just a conversation — action toward thriving leads to more fulfillment