

Rediscovering the Beauty in You

Personal Assessment



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Your Personal Assessment

Let's get one thing straight before you even start this journey with me...

YOU are *BEAUTIFUL*

YOU are *BRAVE*

YOU are *WORTHY*

Whether you are one of my clients or you are using this assessment and practices shared in my free guide, *Rediscovering the Beauty in You*, you will learn how to *BOLDLY LOVE and OWN* every little and big thing about you!

The first step to *rediscover your beauty* is to take a deep and honest look at what's really going on in your life, including how you feel about your health, your relationships, your finances, aging, etc. As you work through this assessment, think of this process as looking into each area of your life as if it were it's own "room." Exploring all these "rooms" individually allows you to see what area or areas are working well and what area or areas need the most attention right now.

Some caring words of caution: This assessment may stir up lots of emotions, and that's okay. The purpose of this assessment is to look at your life and acknowledge what you wish to change or improve. Why? Because you can't change anything until you first *acknowledge and accept* a change is needed. There is also something else, something *better*, that happens when you do this work. You *gain a crystal clear vision* of what you *DO* want in your life!

This is quite powerful as the *clearer your desires, dreams and goals are*, the greater the likelihood that you will *bring them to life* through *consistent and focused action*. Having this kind of crystal clear clarity is a gift and an accomplishment on its own! You will be amazed by how being honest with yourself and *being brave in expressing your desires* can radically shift what you say, think and do each and every day!

Keep these *important tips* in mind as you work through the questions in this assessment:

1. Finding clarity is not about solving problems or beating yourself up for past mistakes or missteps.
2. Uncovering how you really feel and being honest with yourself does NOT mean being critical or judging yourself. Just tell the truth, the whole truth and nothing but the truth.
3. Gaining clarity is NOT about knowing your entire life plan or painting a picture of the "perfect" life.

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Clarity is all about taking the time to figure out *where you want to go* so you can take small steps to get there each and every day. This assessment will help you determine what coordinates you need to enter into *your internal GPS system* so you move closer to your desired outcomes.

I promise you, having this kind of intense clarity is a gift and if you are honest, you will feel more empowered and more aware of what is longer working and what you need to focus on to create the life you want.

Each of the following categories in the assessment has a direct correlation to the others. For example, you may identify one habit that impacts several other areas. One of the many rewards of taking an honest look at your life and assessing where you are right now allows you to see how all the areas of your life are connected. So, when you change one habit in one area, you may notice a ripple effect in other areas of your life.

Take your time and be honest. If you get stuck, ask yourself one very important question:

Are you willing to do the inner work to live the life you desire?

Let's get started!

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Your Mental Wellness

Do you have a positive outlook on life?

Do you criticize yourself? Put yourself down? Beat yourself up? If so, how often and what are the common things you say to yourself or about yourself repeatedly?

Do you find yourself being critical of others?

Do you struggle with depression or anxiety? If so, have you sought out a doctor's care?

How do you deal with daily stress?

How do you handle sudden, overwhelming stress?

How often do you take time for yourself?

If so, what do you like to do?

Do you have a self-care routine? If you do, what are some ways you pamper yourself? If you do not, what are some ways you'd like to pamper yourself?

Do you believe you're capable of change?

Do you feel confident that you can positively change your life? Why or why not?

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Your Body Wellness

How do you sleep? Do you get a consistent number of hours each night?

What are your eating habits like?

Do you maintain a healthy diet?

How is your daily energy level?

What is your overall perception of your body?

How do you feel about your physical shape when you look in the mirror?

Are you exercising regularly?

Do you get yearly physicals? If so, do you follow your doctor's advice?

Are you dealing with any addictions, diseases, or chronic conditions?

Have you sought professional care for health problems or addictions?

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Your Spiritual Health

Were you raised in a specific religion?

Do you still hold these same beliefs? Why or why not?

How do you define spirituality?

Do you consider yourself a spiritual person?

What are you doing to feed and inspire your spirit?

If you aren't doing anything, what might you do to feed and inspire your spirit?

Do you feel a sense of purpose in your life? If yes, please share.

If you do not feel a sense of purpose, what types of activities make you feel excited about life?

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Your Self-Esteem

When you walk out the door every day, how do you feel?

How do you think you are perceived when others meet you?

Do you feel you're accurately presenting who you really are?

Do you speak up for yourself when needed?

Are you comfortable telling people how you really feel?

Your Attitude

Do you feel that your outlook is mostly positive or negative?

How does your attitude affect your work and relationships?

How would others describe your attitude?

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Your Appearance

When you look in the mirror, do you like what you see?

Do you feel beautiful?

If you said no, what do you feel and see when you look in the mirror?

Is there something about your appearance you'd like to improve?

If so, what is it and how would this improve how you see yourself?

Do you think you have your own authentic style? If you do, how would you describe your style?

If you answered no, what style appeals to you?

Are you concerned with the physical aspects of aging? If so, what specifically concerns you?

Do you feel like your outward appearance matches how you feel inside?

Would you like advice about skin care or beauty products?

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Your Romantic Life



Are you single or in a relationship?

Are you happy with whatever state you are currently in?

If you are in a relationship, do you feel supported and valued?

If you answered no, what do you need to feel valued and supported?

Do you have a bond of unconditional love?

If you are in a relationship, is there an area you'd like to improve?

Are you able to be completely honest and open with your partner?

Do you find ways to keep the romance alive?

Do you give time and energy every week to expressing love in your life (whether directed to yourself or others)?

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Your Friendships

Do you feel invigorated or drained after spending time with your friends?

Do your friends love and support you unconditionally?

How often do you spend time with your friends?

Are you able to be completely honest and open with your friends?

Do you have a close friend you can confide in and who supports you unconditionally?

Your Family

How would you describe your relationship with your immediate family? With your extended family?

Do you support and love each other unconditionally? Why or why not?

Do you spend quality time together often?

Is there anything that happened in the past that affects your relationship with immediate family members today?

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Your Work Life



Do you have the education or training you need to succeed in your career?

What do you love about your job or business?

What would you change about your job or career path if you could?

Do you feel a deep sense of meaning and joy from the work you do?

Your Goals

How do you define success?

Do you consider yourself successful?

If not, what is holding you back?

What are your career goals?

Are you on track to achieving these goals?

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Your Spending Habits



Do you have a current budget? Why or why not?

If you do have a budget, do you stick to it?

Are you able to live comfortably on this budget?

Are you in control of your spending habits?

What is your relationship to money, wealth, abundance, and prosperity?
How do you feel about these words?

Your Financial Future

Are you financially stable and able to save money?

Do you have a financial plan for your future?

Are you on track with your retirement needs?

Are you fearful, anxious or even depressed when you think about retirement?

If you had a financial plan that gave you the funds to enjoy this stage of life, what kinds of things would you do? What activities would you pursue?

How would you spend your time?

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Congratulations!!!

You've completed your first step towards getting what you want ... and it was a BIG one!

Doesn't it feel great to get everything out in the open? Very often, assessing all areas of your life can feel invigorating and affirming. You are on your way to creating a clear vision for your life - a vision that won't just transform *your* life, but can also improve the lives of everyone around you. This is the power of clarity in *creating the life you deeply desire and deserve!*

If you completed this assessment as part of working through my *Rediscovering the Beauty in You* Guide, go to Step 2 now. Keep going! You've GOT this!

If you are completing this assessment as one of my clients, be sure to answer all of these questions before our next scheduled coaching session.

If you've stumbled upon this assessment and would like to rediscover the beauty in you, click [here](#) to get my free guide!

With love and appreciation,

Michelle