

## I FEEL ....

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## I AM ....

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## HOW ALIGNED IS MY \_\_\_\_\_ WITH WHO I AM? (1-10)

Marriage/Partnership _____	Business(es) _____	Culture _____	Relationships (Family) _____
Bank Account _____	Product(s) _____	Home(s) _____	Relationships (Business) _____
Calendar _____	Marketing _____	Possessions _____	Friendships _____
Language _____	Team _____	Health _____	Thoughts _____

**1<sup>st</sup> step I can take **today** to align my life with who I really am?**

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**Top FEAR holding me back \_\_\_\_\_**

**Who will I share with today? \_\_\_\_\_**

**Traumas/Negative life experiences holding me back?**

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**“Drag” to drop \_\_\_\_\_**