



# THE HERO ASSESSMENT

MICHELLE MADRID-BRANCH



Welcome! I'm so glad you've downloaded this easy to use **HERO ASSESSMENT**.

I believe that every adoptee is a HERO—capable of Healing the pain points of adoption, Emerging from limiting belief, Reframing experiences, and Overcoming any obstacle.

If you believe, as I do, that adoptees deserve all of the happiness that life has to offer, then you're in the right place. If you're hungry to become everything you feel is calling you from within, then you're right where you need to be. If you've come to a roadblock that stands between you and your ultimate potential—I'm here to help.

In my own journey of healing, as an adoptee, I've learned the power of optimizing mind-set, physical-set, and spiritual-set along the path of becoming whole. Assessing where I am, visualizing where I want to be, making adjustments when needed, and learning the tools to keep me on track has been key.

**I've found that the First 3 Steps to Healing are:**

- 1) Define where you're currently at.
- 2) Define & visualize where we want to be.
- 3) Identify & create tools and practices to help close the gap that is currently keeping you from your desired destination.

Let's get started! This is all about making the invisible visible—and creating your treasure map for fulfillment.

There is no question that when you resolve to attain something (whether it is something you want to do, have, be, create, or give) there is incredible momentum and power created that moves you toward manifesting whatever it is you want in your life.

The HERO Assessment is designed to help you establish an understanding of what it is you want in the areas of your Mind-Set, Physical-Set, and Spiritual-Set.

**Instructions:**

- Print this entire document which includes your HERO Assessment.
- Complete the 3 *Categories of Improvement* (Mind, Body, Spirit).
- Be honest with yourself.
- Let your desires come through you.

## The HERO Assessment

**Closing the gap from where you are to where you want to be.**

**Mind-Set \_\_\_\_\_**

**On a scale from 1-10**

Where are you now? \_\_\_\_\_

Where are you committed to be in one year? \_\_\_\_\_

What outcomes must you achieve to go from where you are to where you want to be?

Example: 1. Notice my limiting beliefs and begin to shift those thoughts toward limitless truth. 2. Sign up for adoptee empowerment coaching.

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

**Physical-Set \_\_\_\_\_**

**On a scale from 1-10**

Where are you now? \_\_\_\_\_

Where are you committed to be in one year? \_\_\_\_\_

What outcomes must you achieve to go from where you are to where you want to be?

Example: 1. Take a 45-minute walk each day. 2. Commit to drinking a gallon of water a day.

1)

2)

3)

4)

5)

6)

7)

8)

9)

10)

**Spiritual-Set \_\_\_\_\_**

**On a scale from 1-10**

Where are you now? \_\_\_\_\_

Where are you committed to be in one year? \_\_\_\_\_

What outcomes must you achieve to go from where you are to where you want to be?

Example: 1. Meditate/Pray/Practice Stillness for 10-20 minutes each day. 2. Commit to the practice of gratitude.

1)

2)

3)

4)

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10)

**Bring the above goals to life by creating your own personal treasure map.** Cut out pictures, words, and phrases that relate to or reflect your goals and glue them on a piece of paper, create a Pinterest board, or a file on your laptop or phone for easy access.

It may sound crazy, but for my Physical-Set I've got an image of the *abs of my dreams* as the screensaver on my phone. I see it every single time I look at my phone!

One of the most powerful ways to ensure that you achieve your goals is to keep them in front of you! Whatever you think about continuously tends to become real.

So, let me say a big congratulations on making the decision to take this assessment and honor yourself, your hopes, and your dreams!

Never leave the point of decision without taking an action! All transformation is best attained when we're held accountable for the outcomes we've defined as needing to achieve.

I'd be honored to be your accountability partner as you move forward to close the gap between where you are now and where you want to be in your life. Sign up for Adoptee Empowerment Coaching, today. Your HERO is waiting!

