

**growth**  
GETTERS

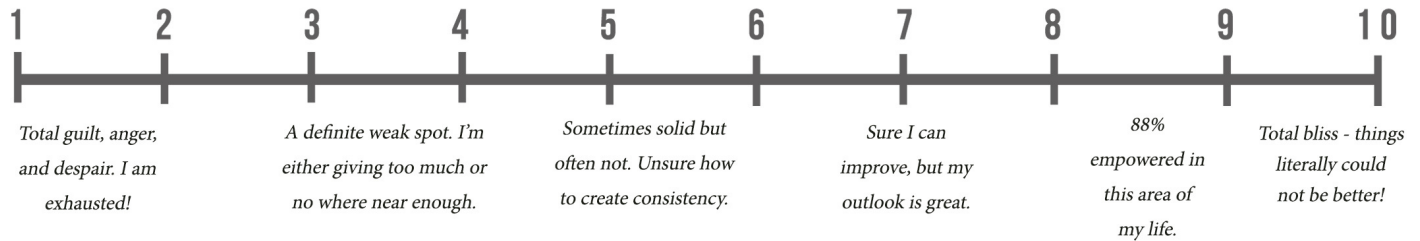
**The High  
Performance  
Printables**

# THE ASSESSMENT

## *purpose driven living*

*I'm not trying to be perfect, but I do want to make progress! I want to see my life get better and better and I'd bet you agree! An unbalanced life creates chaos, guilt, and overwhelm. This assessment will allow you to see how you're \*really\* doing right now in each area of your life.*

*Use it as often as you need to evaluate where you are in key areas of your life.*



MARRIAGE (OR RELATIONSHIP)	1	2	3	4	5	6	7	8	9	10
MOTHERHOOD	1	2	3	4	5	6	7	8	9	10
HOME	1	2	3	4	5	6	7	8	9	10
EXERCISE & HEALTH	1	2	3	4	5	6	7	8	9	10
FUN, TRAVEL & RECREATION	1	2	3	4	5	6	7	8	9	10
BUSINESS	1	2	3	4	5	6	7	8	9	10
FINANCES & WEALTH	1	2	3	4	5	6	7	8	9	10
SPIRITUALITY	1	2	3	4	5	6	7	8	9	10

### BONUS [TRUE OR FALSE]

NOVELTY: I'M INTRODUCING NEW EXPERIENCES INTO MY LIFE	T / F
INTERACTION: I'M CREATING FOCUSED TIME FOR THE PEOPLE I LOVE	T / F
SERVICE: I LOOK FOR OPPORTUNITIES TO SERVE & GIVE GENEROUSLY	T / F
COMMITMENT: I DO WHAT I SAY I'M GOING TO DO	T / F

# Whole Living Growth Plan

*Identify one thing you can do to increase each score by one point!*

## MARRIAGE (OR RELATIONSHIP)

## FAMILY

## HOME

## EXERCISE & HEALTH

## REST & RELAXATION

## BUSINESS

## CREATIVITY & GROWTH

## SPIRITUALITY

I WILL REASSESS ON \_\_\_\_ / \_\_\_\_

A REMINDER IS SET IN MY CAL.

# DAILY PLANNER

■ BIG GOAL REVIEWED

■ BLESSINGS COUNTED

■ AFFIRMATIONS CLAIMED

#1 THING I CAN DO TO MOVE MY BIG GOAL FORWARD IS:

## DAILY FIVE

**1**  
\_\_\_\_\_

THE BOLD ACTION I'M STARTING WITH TODAY

**2**  
\_\_\_\_\_

**3**  
\_\_\_\_\_

**4**  
\_\_\_\_\_

**5**  
\_\_\_\_\_

If this was the second time I was living this day, what would I do differently?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Someone I could show appreciation to today is:

\_\_\_\_\_

**BLOCK 1**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

**BLOCK 4**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

**BLOCK 2**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

**BLOCK 5**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

**BLOCK 3**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

**BLOCK 6**      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

TOTAL HOURS \_\_\_\_\_ I'M DONE WORKING AT: \_\_\_\_\_

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BLOCK 1

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

BLOCK 4

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

BLOCK 2

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

BLOCK 5

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

BLOCK 3

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

BLOCK 6

\_\_\_:\_\_\_ - \_\_\_:\_\_\_

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BLOCK 6      \_\_\_\_:\_\_\_\_ - \_\_\_\_:\_\_\_\_

TOTAL HOURS \_\_\_\_\_ I'M DONE WORKING AT: \_\_\_\_\_



# BLESSINGS

NAME THEM ONE BY ONE

# AFFIRMATIONS

## SOME FAVORITES

**I AM  
SUCCESSFUL  
IN WHATEVER  
I DO**

**I PLAN MY  
WORK AND  
WORK MY  
PLAN**

**I FOCUS ON  
WHAT IS TRULY  
ESSENTIAL**

**NEW  
OPPORTUNITIES  
SHOW UP  
EVERY DAY**

**GOOD  
FLOWS TO  
ME, GOOD  
FLOWS  
FROM ME**

**I AM  
GENEROUS  
IN THOUGHT  
& DEED**

**I SPEAK  
WITH  
CONFIDENCE  
AND CALM  
ASSURANCE**

**I WELCOME &  
ANTICIPATE  
ABUNDANCE**

## I AM

**I am confident**  
**I am a finisher**  
**I am a child of God**  
**I am a loving wife**  
**I am a devoted mother**  
**I am present**  
**I am intentional**  
**I am capable**  
**I am radiant**  
**I am smart**  
**I am debt-free**  
**I am powerful**  
**I am thoughtful**  
**I am a great friend**  
**I am successful**  
**I am courageous**  
**I am peace**  
**I am love**  
**I am happy**  
**I am blessed**  
**I am beautiful**  
**I am important**  
**I am worthy**

## WRITE YOUR OWN

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# My Ideal Schedule

## IDEAL SCHEDULE W/ TIME BLOCKING

\_\_\_\_:\_\_\_\_ \_\_\_\_\_  
\_\_\_\_:\_\_\_\_ \_\_\_\_\_  
\_\_\_\_:\_\_\_\_ \_\_\_\_\_  
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\_\_\_\_:\_\_\_\_ \_\_\_\_\_

## IDEAL BATCH PROCESSING PLAN

Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Sat \_\_\_\_\_ Sun \_\_\_\_\_  
Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Sat \_\_\_\_\_ Sun \_\_\_\_\_  
Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
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Sat \_\_\_\_\_ Sun \_\_\_\_\_  
Monday \_\_\_\_\_  
Tuesday \_\_\_\_\_  
Wednesday \_\_\_\_\_  
Thursday \_\_\_\_\_  
Friday \_\_\_\_\_  
Sat \_\_\_\_\_ Sun \_\_\_\_\_

# OFFICE HOURS

FOR THE WEEK OF:

Did I keep  
my hours?

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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FRIDAY

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THIS WEEK I'M LOOKING FORWARD TO:

**A fresh  
start isn't a  
new place,**

**it's a new  
mindset.**