



Are you ready to make shift happen?

Complete this short assessment.

1. How long have you been working on improving your identified health and wellness issues?

- a) Just started: less than a year.
- b) It's been a while: 1 to 3 years.
- c) The struggle is real: More than 3 years.

2. How do you feel about where you currently are regarding your identified health and wellness issues?

- a) I want change, but I am at peace with where I am and do not need more in order to lead a happy and meaningful life.
- b) I am unhappy, unsatisfied and insecure about where I am right now.
- c) I desperately need change. I feel scared, uncomfortable, and depressed about.

3. How easy is it to picture yourself being happy and healthy?

- a) I can see it so clearly in my mind it's as if I'm already there in the moment.
- b) I can vaguely picture it.
- c) It's hard to picture myself actually getting there.



4. How difficult do you think it will be to manifest greater health and wellbeing?

- a) I know it's possible for me to manifest this, and I see how I could do it.
- b) It will be difficult for me to manifest this, however, with time there should be a way for me to do it.
- c) It will be really hard, if not impossible for me to manifest this.

5. Which of the following statements best describes your life?

- a) There are no limits to what I can accomplish. I know I am destined for greatness, and I am already living an abundant and joyful life.
- b) It's always possible for me to get the thing in life I want with time and careful planning.
- c) I want good things in life, but bad things keep happening to me.

6. Do you have a vision for what you want your health, wellness, and life to look and feel like?

- a) I know exactly what I want.
- b) I have a vision but it's often changing and/or I tend to focus on the past.
- c) I have no clear vision.

7. When you want something in your life, how do you usually go about getting it?

- a) Nothing EVER gets between me and what I want.
- b) I cautiously go about getting it, but I am scared that I will fail.
- c) I'm not good at taking action when it comes to getting what I want.



8. How aware are you of what is currently holding you back from manifesting health and wellness in your life?

- a) I know the exactly what is holding me back and what to do about it.
- b) I know what is holding me back, but I'm not sure how to change it.
- c) I have absolutely no idea what is holding me back.

9. How aware are you of the exact steps that lead to your success in meeting your health and wellness goals?

- a) I know the exact steps to be successful.
- b) I have some idea, but it's a bit of guesswork.
- c) I have no idea of the exact steps that will lead to my success.

10. When you are given helpful advice or guidance, what do you usually do with it?

- a) I am grateful to receive ay helpful advice, and immediately start to incorporate it in my life until I achieve the desired results.
- b) I listen to advice or guidance, but only sometimes follow through with it.
- c) I usually ignore advice or guidance and keep battling on my own.

For every A you answered, score yourself 1 point.

For every B you answered, score yourself 2 points.

For every C you answered, score yourself 3 points.



What your score could mean:

10 or less

Chances are you have established a clear vision of what you want your health, wellness, and life to look and feel like and taking appropriate actions to manifest it. You may need support to identify any limiting attitudes or beliefs that could prevent you from making lifestyle changes that stick.

11 to 20

Chances are your vision is not clear about what you want your health, wellness, and life to look and feel like and you are unsure of what action steps are appropriate for you. It's highly likely that you have some limiting attitudes and beliefs that could prevent your from making lifestyle changes that stick.

21 to 30

Chances are you are struggling with creating a vision of what you want your health, wellness, and life to look and feel like or you are focused on your past. You may be unable to consistently take appropriate action steps as a result. It's very likely you have some limiting beliefs that may be self-sabotaging and standing between you and the life you desire and deserve.

As a transformational coach, it is my passion to help people shift their thoughts and actions from Self-Sabotage to Self-Care so they can make health, wellness, and lifestyle changes that stick!

Are you ready to make shift happen? Let's chat about it!

Questions adapted from a quiz by www.manifestationmiracle.net



TrueSelf
TotalHealth
life, in balance.