



CoachingAndLeadership.com

Part I

# FULFILLMENT & PEACE

in

# ALL AREAS OF MY LIFE

- My PERSONAL PROFILE -



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## FULFILLMENT & PEACE IN ALL AREAS OF MY LIFE

### **Our Deepest Fear**

*Our deepest fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness  
That most frightens us.*

*We ask ourselves  
Who am I to be brilliant, gorgeous, talented, fabulous?  
Actually, who are you not to be?  
You are a child of God.*

*Your playing small  
Does not serve the world.  
There's nothing enlightened about shrinking  
So that other people won't feel insecure around you.*

*We are all meant to shine,  
As children do.  
We were born to make manifest  
The glory of God that is within us.*

*It's not just in some of us;  
It's in everyone.*

*And as we let our own light shine,  
We unconsciously give other people permission to do the same.  
As we're liberated from our own fear,  
Our presence automatically liberates others.*

**Marianne Williamson, from "Return to Love"**



## FULFILLMENT & PEACE IN ALL AREAS OF MY LIFE

**Fulfillment & Peace in All Areas of My Life** assessment provides a very personalized, insightful opportunity to help identify both your greatest strengths, and, the biggest challenges you face at this moment. This exercise assists to bring focused awareness to the target areas and aspects of your life that would be most beneficial to take steps to shift, as well as nurture and amplify your strengths. If you take the time to think deeply and answer as honestly as possible it will provide a pivotal map forward for you. You hold ALL the power to write the success story of your life

### Two Fillable Forms for the Assessment:

1. There are two forms: This one is Part I where you have an opportunity to study many areas of your life. Part II is a Summary of your Assessment here in Part I. Part II is a separate pdf form (one page) in which you can clearly outline your main Challenges and Goals as a woman. And you will also acknowledge the parts of your life which bring you great joy!
2. It is best that you fill in both forms on-line because we are inviting you to ONLY email us Part II so that during the **UPLIFT BaseCamp** we can powerfully address common challenges/goals of the women in the group.

### About Part I:

1. Each of the sections has 10 questions. Rate each question on a scale of 1-10, with 10 being high.
2. Some of these questions will, no doubt, bring up all kinds of thoughts and feelings. Be kind to yourself and as direct as possible in your answers. These answers are for you and can be kept private should you wish.
3. Enjoy this reflective pause, and celebrate how far you have already come in the journey!

My Name is: \_\_\_\_\_



## Intellectual Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I consider myself to be a good analytical thinker.	_____
2. I have a good ability to sequence all the needed steps of a project.	_____
3. I am confident of my ability to make good decisions.	_____
4. I trust my ability to “think” and find solutions, using facts & intuition.	_____
5. I love to expand my areas of knowledge through books, seminars & online learning, etc.	_____
6. I honour and appreciate my current intellectual ability.	_____
7. I honour, appreciate and learn from the intellectual ability of others.	_____
8. I have both a high IQ and EQ (emotional intelligence).	_____
9. I know how to raise my IQ & EQ for greater self-leadership and success.	_____
10. There are people I can trust & confide in for advice and guidance.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Intellectual area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Intellectual Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
 \_\_\_\_\_

2. \_\_\_\_\_  
 \_\_\_\_\_

3. \_\_\_\_\_  
 \_\_\_\_\_



## Health and Wellness Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I eat a healthy, organic mostly plant based diet.	_____
2. I drink enough water per day to stay optimally hydrated.	_____
3. I have a regular exercise / physical activity plan to keep fit.	_____
4. I also benefit from a practice that helps me be “present” in my body. (Yoga, Tai Chi, etc.)	_____
5. I am happy with my current weight and feel healthy.	_____
6. I have no addiction to alcohol, caffeine, or drugs of any kind.	_____
7. All my body systems are healthy and working well. (Cardiovascular, Digestive, etc.)	_____
8. I sleep well at nights and awaken rested and energized.	_____
9. I make time for reflection, meditation and/or sitting quietly daily.	_____
10. I have healthy outlets for dealing with my negative emotions.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Health and Wellness area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Health and Wellness Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Family Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I am happy with my relationship with my life partner & children.	_____
2. I am happy with my relationship with all members of my family (or memory of).	_____
3. I am good at receiving love from others.	_____
4. I care deeply and express my love easily.	_____
5. I am perceptive of the needs of my partner/children/family.	_____
6. I am able to express, to my family members, my true feelings.	_____
7. When I listen to others, I put aside "my stuff" and truly listen to their feelings.	_____
8. Those closest to me would say that they can easily communicate their true feelings to me.	_____
9. I feel I am appreciated by my partner/children/family.	_____
10. When I communicate my negative feelings to people, I communicate in a gentle, kind, and loving manner.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Family area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Family Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Emotional Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I stay calm and clear in challenging and emotional situations.	_____
2. I can forgive myself and others.	_____
3. I have skills and tools to help me deal with anger and frustration.	_____
4. I share my feelings with others in a constructive and kind way.	_____
5. I take full responsibility for my actions and my life.	_____
6. I stay free from casting judgment and blame on others.	_____
7. I live and work in a healthy emotional environment.	_____
8. I feel supported and reach out for help when needed.	_____
9. I remain strong and supportive for others during emotional situations and crises.	_____
10. I rise above difficult situations to gain greater clarity before taking action.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Emotional area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Emotional Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Physical Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I am happy & content where I live.	_____
2. I feel safe where I live & work.	_____
3. My home is orderly and clean.	_____
4. My home is welcoming to others.	_____
5. I take time to be out in nature.	_____
6. I appreciate the beauty that surrounds me, ie flowers, trees, stars & moon etc.	_____
7. My home and workplace have plants and natural light to uplift me.	_____
8. I have access to fresh clean air and water.	_____
9. My home and workplace are free of toxic chemicals and materials.	_____
10. I make the time to relax, unwind and enjoy life.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Physical area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Physical Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_





### Spiritual\* Area of My Life

Rate each question on a scale of 1-10, with 10 being high

\*Please insert specific wording, terminology or expression that most fully resonates with your personal beliefs and perspectives.

	<b>Your Rating out of 10</b>
1. I am peaceful inside and live with a deep-seated joy.	_____
2. I feel connected to my "Spirit" (can also mean Godself, Higher Power...]	_____
3. I love myself.	_____
4. I care deeply and express my love for others.	_____
5. I devote time daily to connect to my Higher Power through prayer and/or meditation or some practice of going into silence that works for me.	_____
6. I am living my true spiritual purpose in life.	_____
7. I live in alignment with my beliefs.	_____
8. I have faith in myself as a being, complete and whole, with all the answers inside of me.	_____
9. I believe that I have the power within me to create the life I desire.	_____
10. I live an ahimsa lifestyle – kind, peaceful and free from violence to all.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Spiritual area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Spiritual Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Social Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I feel free to be me and express who I am authentically.	_____
2. I am usually poised and self-confident in any social setting.	_____
3. I make an effort to reach out and connect to others and groups.	_____
4. I am open and receptive when others reach out to me.	_____
5. I am content with the depth and breadth of my friendships.	_____
6. In most social settings, I am open to receiving constructive criticism/ideas from people.	_____
7. In most social settings, I offer my ideas in caring, compassionate ways.	_____
8. I volunteer my time in community on a regular basis.	_____
9. Where I see injustice in the world, I am proud of my role in correcting it.	_____
10. I respect & honour (vs judge) the people in my social circles and community for their contribution to society.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Social area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Social Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Career Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I love my work and feel that I am living my Highest Purpose.	_____
2. I am happy with my accomplishments and success in my career.	_____
3. I believe that I am using my skills, wisdom and gifts in my work.	_____
4. My work and environment are in alignment with my core values.	_____
5. I work well with others in a spirit of collaboration.	_____
6. I am appreciated and well compensated for my work/contribution.	_____
7. I give credit and express gratitude to others.	_____
8. I feel supported to excel and succeed (rather than sabotaged).	_____
9. I support others to excel and succeed (rather than compete).	_____
10. I stand as an unwavering source of truth, respect and positive contribution.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Career area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Career Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Financial Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I have a healthy/balanced relationship with money and material goods.	_____
2. I am happy with the amount of money coming into my life.	_____
3. I am well compensated for the work that I do.	_____
4. I am peaceful about the amount of money I am saving for future needs.	_____
5. I manage my money well and wisely.	_____
6. I am grateful for the material comforts I have in my life.	_____
7. I believe that I deserve financial abundance.	_____
8. I use my money to enjoy life.	_____
9. I am generous in sharing my wealth to help others less fortunate.	_____
10. I believe I have the power to create a financially abundant life.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Financial area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Financial Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_



## Self-Leadership Area of My Life

Rate each question on a scale of 1-10, with 10 being high

	<b>Your Rating out of 10</b>
1. I am a self-starter and take action on a project or a goal.	_____
2. I live in alignment with the values that are important to me.	_____
3. I seek to address injustice and unfairness when I see it.	_____
4. I am influential and can inspire others.	_____
5. I actively aspire to grow both personally and professionally.	_____
6. I can connect to the wisdom that arises from my heart and intuition.	_____
7. I know my strengths and actively use and expand them.	_____
8. I am strong enough when facing challenging situations that I can support others too.	_____
9. I take full responsibility for all areas of my life: thoughts, beliefs & actions.	_____
10. I am comfortable & confident stepping into leadership spotlight roles.	_____

**TOTAL Score for this Area (out of 100)** \_\_\_\_\_

*NOW, review the above and celebrate the parts of **the Self-Leadership area of your life** with which you are **perfectly happy!***

NEXT, make notes below on the specific aspects of **your Self-Leadership Life** which you may wish to **improve** through the **L.E.A.D. for Women** Training.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

**Thank You for completing Part I!** To summarize the Challenges and Goals you would like to work on during the *UPLIFT* BaseCamp, complete this second part with the file name **LEAD-Summary\_Assessment-Fulfillment-Peace-Part\_2**