

Feng Shui Life Makeover 100

Life Design Strategies

This assessment will give you an overview of your life, and areas you might want to focus on. By working with a Coach who blends Feng Shui and Coaching, you will have powerful tools to design your life to work for you. If you are ready to take the next step, email Vicky@LifeDesignStrategies.com to arrange a complimentary coaching session.

Instructions

1. Check the box if the statement is consistently true for you.
2. If the statement doesn't apply to you, replace it with one that fits in that category.
3. Add up the section scores and your total score.
4. Check at the bottom for a score assessment.

1. Career/Life Purpose

1. My work/career is fulfilling and nourishing
2. My work environment is uncluttered and brings out the best in me
3. I know my top values and my work reflects these
4. I have a work/life balance that nourishes me
5. I am excited to get up in the morning
6. My office reflects who I am and enables me to be creative and focused
7. I feel energized at the end of most workdays
8. I am living MY life, not the life someone else chose for me
9. I achieve success easily, I don't need to strive for it
10. I am living an authentic life – one that's a reflection of who I truly am
___ Section Score (number of checked boxes)

2. Relationships

11. I have good relationships with the people I work with
12. My clients/patients stay with me
13. I have a circle of friends I truly enjoy
14. I am part of a professional network that stimulates me intellectually and emotionally
15. I work well with others
16. I make time for the important relationships in my life outside of work
17. There is no-one in my life who drains my energy
18. I have no unfinished business – no letters I need to write, no phone calls
19. I say what I need to say, when I need to say it
20. I provide exceptional customer service. I am continually adding value to my service
___ Section Score (number of checked boxes)

3. Health & Family

21. I am pleased with my physical appearance
22. I eat nutritious food, and participate in exercise I love
23. I have a medical practitioner who listens to me, and who I trust
24. I have a way to relax and stay stress free
25. I sleep well and wake up refreshed
26. I have an abundance of energy
27. I practice extreme self-care
28. I am close to my siblings and enjoy my family
29. My friends nourish me, and support me to be my best
30. There is nothing in my environment that holds bad memories for me
___ Section Score (number of checked boxes)

4. Wealth & Prosperity

31. I am on the financial independence track, or am already there
32. My accounts are up to date, receipts filed and my taxes paid and up to date
33. I pay my credit cards in full each month
34. I business is built on a strong foundation
35. I feel abundant in all areas of my life – financial. Love, friendships, fortunate blessings
36. I feel financially secure
37. I save a percentage of my income monthly
38. I get good financial advice and follow a plan
39. I have a passive source of income
40. I have multiple revenue streams
___ Section Score (number of checked boxes)

5. Helpful People & Travel

41. I have a mentor or Coach who sees the best in me, guides and encourages me
42. I have strategic alliances with people who introduce me to their networks
43. My clients/patients often refer others to me
44. I have the number of clients/patients I want
45. My business is growing internationally
46. I travel to learn about different cultures and countries
47. I have people in my life who inspire me to think big
48. I look for synchronicity and regularly experience it in my life
49. I have at least 10 friends in other countries
50. My quality of life inspires others
___ Section Score (number of checked boxes)

6. Creativity & Children

51. I know what brings me joy and my day is full of joyful activities
52. I create powerful outcomes and set goals from there
53. I recognize my creativity in everything I do
54. I create what I want in my life effortlessly
55. If I don't feel energized by what I'm doing, I stop doing it
56. Weekends and other days off are a joy to me
57. I have designed and am living the perfect lifestyle for me
58. I honor the children in my life
59. I take time for myself and do the things I love
60. I am continually creating new products/programs/services

___ Section Score (number of checked boxes)

7. Knowledge & Self-Cultivation

61. I am excited to learn new things – in life and to expand my business
62. I have a list of nourishing daily habits that I do most days
63. I make myself a priority in my life
64. I have a spiritual practice that nourishes me
65. Personal Growth is a priority and I invest time and money in this
66. I have my goals for this year written down and I read them regularly
67. I research other businesses in my field and know what makes mine distinct
68. If I died today I would have no regrets
69. I take time alone to journal/meditate/reflect daily
70. I regularly spend time in nature

___ Section Score (number of checked boxes)

8. Fame & Reputation – or Mastery

71. I have a good reputation amongst my peers
72. I am not a secret. People know how to find me when they want the service I provide
73. I have an ezine/newsletter that builds my reputation as an expert in my field
74. I have a market niche and am known for the work I do
75. I am known to have high integrity, deliver on time, and people know the real me
76. I feel passionate about my life and work
77. I see the bigger picture. When something unexpected happens I ask myself what I need to learn from it
78. I follow the "be, do, have" formula and first focus on who I need to be in order to create the life I want
79. I do what I say I will, and am on time for appointments and meetings
80. I attract good publicity, and people get to know me through word of mouth

___ Section Score (number of checked boxes)

9. Self Care

10 things you do to practice self care:

81. _____
82. _____
83. _____
84. _____
85. _____
86. _____
87. _____
88. _____
89. _____
90. _____

___ Section Score (number of checked boxes)

10. Joy

10 activities that bring you joy

91. _____
92. _____
93. _____
94. _____
95. _____
96. _____
97. _____
98. _____
99. _____
100. _____

___ Section Score (number of checked boxes)

___ Total Score (number of checked boxes)

Scoring Key

80-100

Awesome! That's a high score. Make your game even bigger with a Feng Shui Consultation and/or Coaching. Create some outrageous goals

60-80

Congratulations, you're on track. Individual or group coaching will propel you towards even greater flow of energy in your life. You can raise your score easily with this support and move towards creating your highest aspirations.

40-60

You are on your way. Make yourself a priority. You can work with a Coach to focus on establishing a strong foundation to create greater prosperity, joy and well-being in your life.

Below 40

Start anywhere – Teleclasses, a Feng Shui consultation or individual coaching. You wouldn't have completed this assessment if you didn't want more. One of our programs will be just right for you.