

Feng Shui Life Makeover 100

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.

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. I feel on track and know I'm doing what I'm here to do
 - 2. My office / home office 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 have less than 20 emails in my Inbox
 - 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 people I associate with
 - 12. People trust me to do what I say I'll do
 - 13. I have a circle of friends I truly enjoy
 - 14. I am part of a network who 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. I spend time with people who energize me and want the best for me. I've let go of people who drain 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. There is no-one I need to forgive for something
- ___ 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 love
 - 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. I have a number of role models
 - 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.