

The Success Zones Audit Worksheet

Uncover what's keeping you stuck—and what it will take to step into your Success Zone.

Part 1: Self-Reflection Check-In

Rate each of the following from 1 (Not True at All) to 5 (Completely True):

- I feel emotionally free and in control of my reactions.
- My work and personal life feel aligned with who I truly am.
- I trust my intuition and act on it confidently.
- I know what I desire and can clearly visualize it.
- I have tools that help me shift my energy when I feel blocked.
- I feel like my outer world reflects my inner potential.

 If you scored 20 or less: You're likely operating out of misalignment. Let's shift that.

Part 2: Where Are You Now?

Check the one that most applies to you in each row:

Area	You Feel...	You Want...
Mental Clarity	Foggy or scattered	Clear, focused
Emotional Balance	Stuck or triggered	Free, peaceful
Career/Work Direction	Uninspired or lost	Aligned, fulfilling
Spiritual Connection	Disconnected or numb	Intuitive, guided

Wherever you checked the "You Feel..." column, we can realign using the Method's tools.

Part 3: Your Zone Alignment Score

Choose the statement that resonates most for each:

- When it comes to growth...
 - A. I've done a lot, but nothing sticks
 - B. I feel close, but something's missing
 - C. I'm ready to go all-in on my next evolution
- When I imagine the life I want...

- A. I don't even know what it is anymore
- B. I can see it, but it feels out of reach
- C. I'm clear—it's time to become that version of me

🔑 Mostly A's? You need Clarity.
Mostly B's? You need Alignment.
Mostly C's? You're ready to Embody.

✉️ If this Success Zones Audit revealed something for you... let's talk. email me at transformationdoc@gmail.com the word "AUDIT" and I'll walk you through your next best step.