

Phoenix7 Solutions

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Tagline: From Ashes to Action – Where Healing Becomes Home

Motto: You're Not Broken, You Are Becoming

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Where Am I Now / Where Do I Begin? Assessment

This assessment helps you identify your current emotional, mental, and life stage as you begin your healing journey. Use the prompts and reflection exercises to determine where you are starting from and what you need most right now.

Section 1: Self-Check Questions

- What emotions are you experiencing most often right now?
- What areas of your life feel the most overwhelming?
- What areas feel stable or secure?
- Do you feel supported by friends, family, or community?
- Are you able to focus on your own needs, or are you mainly focused on others?

Section 2: Life Balance Wheel

Rate yourself from 1 (very low) to 10 (very strong) in the following areas: Emotional Health, Mental Health, Physical Health, Relationships, Finances, Career, Personal Growth, Spirituality.

Section 3: Reflection Prompts

- What does healing mean to you right now?
- What would feeling 'balanced' look like for you?
- What is one step you can take this week to support your healing?


Section 4: Affirmations


- I honor where I am today and trust that healing begins with awareness.
- Every step I take, no matter how small, is progress toward my growth.
- I am open to discovering new strengths within myself.


Thank you for being part of Phoenix7 Solutions

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