

THE REBUILD ASSESSMENT™ CHRONICLES OF ALEXIS

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ChroniclesofAlexis

If You Could Rebuild One Area Of Your Life First, What Would It Be?

Rebuilding does not happen all at once — it happens one decision, one habit, and one promise at a time.

This assessment is designed to help you identify where growth should begin and what needs your attention first.

Use it as a starting point for honest reflection, clarity, and momentum.



Rate Yourself

- 1 = Strongly Disagree
- 2 = Disagree
- 3 = Neutral
- 4 = Agree
- 5 = Strongly Agree

FOUNDATION

- ☐ I get at least 7 hours of sleep most nights.
- ☐ My daily routine feels manageable.
- ☐ I have healthy boundaries.
- ☐ I make time for myself without guilt.
- ☐ I feel emotionally safe in my environment.

Score: _____

HEALTH & WELLNESS

- ☐ I move my body consistently.
- ☐ I prioritize my physical health.
- ☐ I have sustainable eating habits.
- ☐ I have energy throughout most days.
- ☐ I feel strong and capable in my body.

Score: _____

MINDSET

- ☐ I speak kindly to myself.
- ☐ I trust myself to follow through.
- ☐ I believe I am capable of achieving my goals.
- ☐ I bounce back from setbacks.
- ☐ I focus on progress instead of perfection.

Score: _____

PURPOSE

- ☐ I feel connected to my goals.
- ☐ I know what I want from life.
- ☐ My daily actions align with my future vision.
- ☐ I feel fulfilled by what I'm building.
- ☐ I am actively working toward something meaningful.

Score: _____

COMMUNITY

- ☐ I feel supported.
- ☐ I have people I can depend on.
- ☐ I feel connected to others.
- ☐ I ask for help when I need it.
- ☐ I have a healthy support system.

Score: _____

CONFIDENCE

- ☐ I feel proud of who I am becoming.
- ☐ I advocate for myself.
- ☐ I believe I deserve good things.
- ☐ I celebrate my progress.
- ☐ I trust my decisions.

Score: _____

SCORING

Add each section separately. The section with your lowest score is where your rebuild begins.

YOUR REBUILD FOCUS

Lowest Score: Foundation

You may need more rest, boundaries, structure, and stability before focusing on bigger goals.

Lowest Score: Health & Wellness

Your body is asking for attention. Focus on movement, nutrition, hydration, recovery, and consistency.

Lowest Score: Mindset

The next version of you requires a stronger inner voice. Focus on self-trust, confidence, and emotional resilience.

Lowest Score: Purpose

You may be surviving instead of intentionally creating. It's time to reconnect with your vision.

Lowest Score: Community

You were never meant to do this alone. Focus on building meaningful support and connection.

Lowest Score: Confidence

Your rebuild starts with believing you are worthy of the life you're trying to create.



My 90-Day Rebuild Commitment

The area I am focusing on first:

Three actions I will commit to:

1.

 2.

 3.

-



Remember

You do not have to rebuild everything at once.

You only need to start with the next right thing.

Heal. Build. Become.