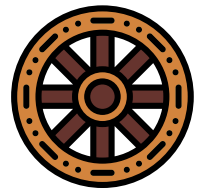


# The Clarity and Life Control Assessment

- Right now you may be feeling so confused and overwhelmed with those Painful Emotions.
- You may be feeling like your life is so messed up and you don't even know where and how to begin.

Well, why don't we begin with this simple **clarity and life control assessment.**



## The objective

The first time I did this assessment, it was for me like a light in the darkness.



- It is just a tool to enable you to have a visual representation of where you are and where you want to be.
- It helps you to raise your awareness on areas which might be creating a source of stress or struggle in your life.
- It helps you to identify and focus on the priority areas in your life.

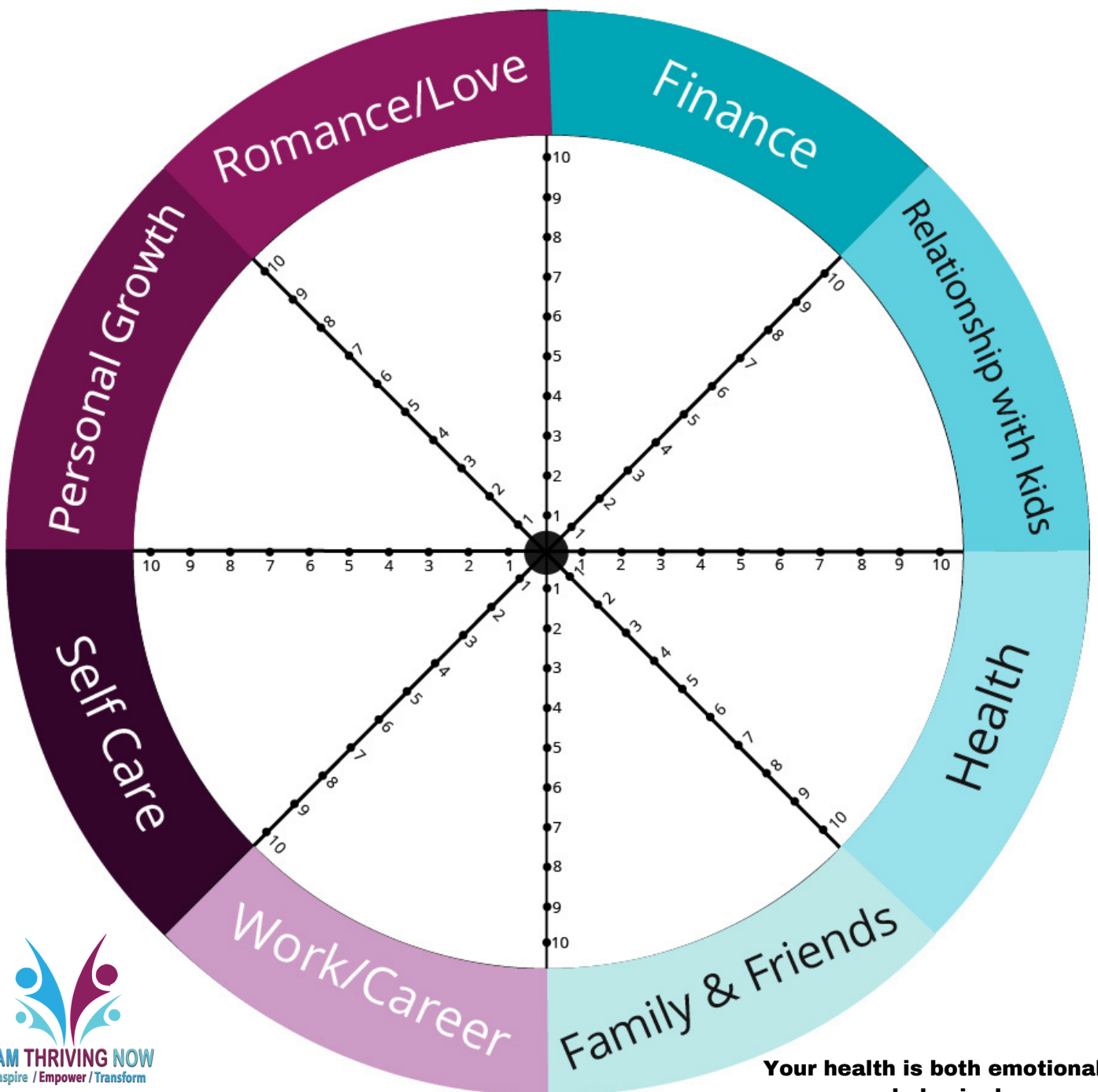


Any area that is a cause of stress for you would likely create the need for improvement which becomes a Goal to be achieved. Any achieved goal creates more satisfaction and happiness for you.

# What to do

I would love you to do the following:

- Close your eyes and take a deep breath - in and out for 1 min.
- Then, look at the wheel below and bring to mind the present state on each area of your life.
- How do you feel about each area? How satisfied are you?
- Score yourself from 1 - 10 One being the lowest(Absolutely not satisfied) and 10 being the highest(Absolutely satisfied).



**Your health is both emotional and physical**

## What Next?

Now that you know the level at which you are in each of these areas, I would like you to honestly answer the following questions:

1. Which area is stressing me the most right now?
2. What are the 3 specific issues within this area that are stressing me?
3. Is it something I can change? If No, why?
4. What do I need to change it?
5. Who do I need to help me?
6. Have I tried to change it before and I didn't succeed? If yes, what stopped me?
7. What can I do differently to succeed this time?
8. How would I feel when I succeed to make that change?
9. Who would benefit from it?
10. When do I want to achieve this? (1, 3, 6, 9, 12 months) What date?
11. What can I do today to begin the progress?

## Well-done!

If you answered all the questions, then you're halfway gone in creating that desired happiness!



You now have some clarity and control to what you need to change and how you need to change it.

**All you need now is ACTION!**

**"The actions you take today, will determine your tomorrow's results - happiness or sadness - the Key is in your hands".** *Peggy Bareh*

## Still Need Some Help?

For anyone who has undergone prolonged painful experiences and is just feeling so overwhelmed, it can be challenging to walk that recovery journey alone.

That is why I am always on standby to help!



## I offer the following:

### **The Mindfulness Kickstarter**

This 90 minutes mindfulness masterclass also includes the clarity and Life Control Assessment, which gives you a visual representation of where you are and where you want to be.

I will support you to navigate through the process and create a clear and achievable plan for you. At the end of this session, you'll gain the following benefits:

- Enhance the clarity of your life and a way forward.
- Reduce anxiety and despair.
- Gain reassurance and Peace of mind
- Save your time, money, and energy.
- Increase your motivation to rekindle your sparkle.

**I can also work with you on 1-2-1 on a short, medium or long-term basis.**

For more information, Please visit  
[www.iamthrivingnow.com](http://www.iamthrivingnow.com) or email me at  
[peggy@iamthrivingnow.com](mailto:peggy@iamthrivingnow.com)

**See you on the other side!**

