

Excerpt from Chapter 2 of *What's Really Holding You Back?*  
by Valorie Burton

## WHERE ARE YOU NOW? DETERMINE THE "STATE OF YOUR LIFE"

This "State of Your Life" assessment is a simple measurement tool to gauge your progress in different areas of your life. I have included the five key areas—your relationships, work, finances and resources, physical health and environments, and spiritual life—all of which impact the "whole you." When any area of your life is lacking or draining your energy, it weakens your ability to move your whole life forward. By strengthening the basics of your life, you give yourself the energy and muscle to move forward and close gaps in all areas.

There are twenty statements regarding each of the five areas of your life for a total of one hundred points. Check each statement that is true for you right now, not that you wish were true. Respond as honestly as possible. This isn't about getting a "high score," but about breaking free from what's holding you back. The only way to effectively do that is by embracing the truth. Please do not be concerned with what you may view as a "low score." This is an opportunity to gauge where you are, pinpoint the gaps that exist between where you are where you want to be, and measure your progress in the weeks ahead. You may only be able to check 25 of the statements today, but through adjustments in your thoughts, words, actions, and energy you may find that in just a few weeks, you can check 85 statements.

## RELATIONSHIPS

- If I were in need of a trusted confidant in a crisis, I have two or more people I can confidently call upon.
- I do not feel manipulated in any way.
- No relationships are draining my energy.
- I can say "no" with ease.
- I feel connected in a meaningful way to my community.
- I know that I am making a positive difference for others on a daily basis.
- There is no one in my family with whom I am not on speaking terms.
- I feel loved.

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- I have no relationships that I need to hide from anyone.
- I feel free to say "I love you" in my closest relationships without any risk of rejection.
- I am not withholding forgiveness from anyone.
- I do not maintain friendships with people who only take from me but rarely give.
- My relationships with my parents and/or children are peaceful and loving.
- My boss, co-workers and/or customers treat me respectfully.
- I am as nice to the janitor, receptionist, or cashier in a business as I am to the manager or president.
- I do not gossip.
- I tell others what I feel even when it is difficult or uncomfortable for me to do so.
- When I have wronged someone, I always apologize and make amends.
- There is no one in my life that I am trying to change.
- When someone offers constructive criticism, I listen without being defensive or arguing.

\_\_\_\_\_ Total number of statements you could truthfully say today

## WORK

- I love my work.
- I feel "on purpose" when I am working.
- There is no other work I would rather be doing than the work I am doing now.
- I have a clear path to advancement.
- I feel well-compensated for my work.
- I am at the top of my game.
- I do not overwork.
- I enjoy the people I work with.
- I am not interested in changing careers (that's careers, not jobs) in the next two years.
- I have the education to qualify me for the type of position I aspire to.
- Most people would consider me a role model of excellence in my work.
- I am proud of my professional reputation.
- I have no overdue projects looming at work.

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- I have a mentor or someone I can ask questions about my career.
- My supervisors and/or clients are very pleased with my performance.
- I rarely (once per month or less) bring work home.
- My work schedule suits my lifestyle.
- I use my vacation time every year.
- I have a compelling vision for my professional life.
- My work does not consume my personal conversations.

\_\_\_\_\_ Total number of statements you could truthfully say today

## FINANCES AND RESOURCES

- My finances do not cause me stress.
- I pay my credit cards in full each month (or don't carry any credit card debt at all).
- If I lost my job today, I could live off my savings for at least six months.
- I have not bounced a check in more than three years.
- I am not avoiding anyone or any company to whom I owe money.
- My financial situation is actively improving.
- I have a plan to eliminate any debt that I have accumulated and I am following it.
- Based on my connections, I feel confident in my ability to land a new job if needed.
- I know when I plan to retire and how much money I will have at that point, and I am actively engaged in realizing my plan.
- In the event that I become disabled, I have insurance that will replace at least 50 percent of my income.
- My life insurance and/or financial holdings are more than enough to ensure my loved ones will not suffer financial loss in the event of my death.
- In the event of a major illness, I have health insurance to cover my medical expenses.
- In my current line of work, I can chart a course that would allow me to double my income if I wanted to.
- On a monthly basis, the amount of money I spend is at least 20 percent less than my income.
- My credit report is a positive reflection of excellent financial habits.
- I know my net worth.

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- I know exactly how much consumer debt I have, if any, and by what point it will be paid off. (For purposes of this exercise, we will define consumer debt as credit cards, student loans, car loans, personal or home equity loans, and personal debt other than your mortgage.)
- I tithe consistently.
- I use my gifts and talents on a regular basis to give back to my community in a meaningful way.
- I believe God is pleased with the way I handle the money and resources with which I've been blessed.

\_\_\_\_\_ Total number of statements you could truthfully say today

## PHYSICAL HEALTH AND ENVIRONMENTS

- I have had a complete physical within the last three years.
- I am not afraid to go to the doctor.
- My relationships are peaceful.
- My blood pressure and cholesterol levels are within healthy limits, according to my doctor.
- I exercise at least three times per week for 30 minutes or longer.
- I laugh at least a few times every day.
- I smile often and every day.
- When things are particularly difficult or challenging, I trust God rather than being worried and anxious.
- I don't make a big deal out of small problems.
- My home provides a clutter-free, supportive, safe, enjoyable environment for me.
- My work environment is safe, clean, organized, and reflective of my values.
- When driving, I am never aggressive, rude, or acting out in "road rage."
- My car is consistently well-maintained, clutter-free, and not a source of stress.
- If I were in a health or family crisis, I have more than enough supportive family or friends to help me through it.
- Based on medical recommendations, my weight is within the ideal range for my height.\*
- I eat healthy meals in regular intervals throughout the day.
- I get cardiovascular exercise as a part of my workouts.
- I drink at least 48 ounces of water every day.
- I do not use tobacco products or drugs, nor do I misuse alcohol.
- I regularly set aside time for relaxing, having fun, and rejuvenating.

\_\_\_\_\_ Total number of statements you could truthfully say today

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According to the National Institutes of Health, the following formula works for both men and women in determining your body mass index (BMI) and assessing total body fat, which is related to risk for disease and death: Multiply your weight in pounds by 705, then divide that number by your height in inches squared. So a person who is 5-foot-8 and weighs 140 pounds would calculate it like this:  $(140 \times 705) \text{ divided by } (68 \times 68) = 21.35$

• Underweight = less than 18.5 • Normal weight = 18.5-24.9 • Overweight = 25-29.9 • Obesity = BMI of 30 or greater

## SPIRITUAL LIFE

- The people I work with can see God's love through the way I treat them and the way I carry out my responsibilities.
- I seek ways to be of service daily.
- I have a fulfilling relationship with God.
- I am not easily annoyed or angered.
- I pray daily.
- My faith is stronger today than it's ever been.
- I have stepped out on faith toward my vision despite my fears or doubts.
- I completely trust God to direct my steps and close the gaps in my life.
- In every area of my life in which I have felt God leading me in a particular direction, I am following.
- I am content with my life, but I also seek to live a better life.
- I am not easily offended.
- I am disciplined about how I take care of my body, handle my professional and financial responsibilities, and maintain my spiritual habits.
- I know my divinely ordained purpose.
- I live my purpose on a daily basis.
- I am constantly discovering opportunities for spiritual growth.
- I am faithful over the "few things" God has placed in my care.
- I study and meditate on God's Word regularly.
- I am using the gifts God has given me to serve others in a meaningful way.
- My life is filled with peace.
- I enjoy my life.

\_\_\_\_\_ Total number of statements you could truthfully say today

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## STATE OF YOUR LIFE

\_\_\_\_\_ Total score for all five areas of your life

Now that you have identified the gaps—the specific targets you haven't reached—think for a moment about why you haven't closed them before now. In the next chapter we'll talk about how you can turn your frustration about being stuck into power to forge ahead.

## CLOSING THE GAP

### Focus Your Thoughts

Think back over the State of Your Life assessment. Which statement(s) did you most wish you could mark as being true?

### Use Your Words Wisely

Repeat these words to yourself today: "Every day I am moving closer to my vision."

### Target Your Actions

Choose one statement from each area in the State of Your Life assessment that you want to address right away. Identify a step you can take to move toward making those statements true.

### Energize Your Spirit

Lord, open my eyes to the gaps I need to close in my life and give me the energy, strength, courage, and focus to close them. Amen.

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