

# Full Self Assessment

## READY

I feel clear and focused

Feeling like you have the lift, drive, verve, motivation, and clarity to act quickly and with enough force to meet the demands of your day.

## TRUE

I feel aligned with my values and on purpose

Feeling like your time is spent on things that matter, that you are making an impact in the world, and acting as a force for good.

## PRODUCTIVE

I'm getting things done and making progress

Feeling like you are getting things done, making progress, achieving your goals, and using your time effectively.

## CONNECTED

I feel close to others

Feeling like you are included, in sync, aligned, and/or understood with others in your life.

GAMUT

## ABLE

I feel energetic and strong

Feeling like you are ready and able to handle the demands of the day and keep pace with your life.

## INSPIRED

I see beauty and inspiration around me

Feeling good about your surroundings in an artful or aesthetic dimension. This includes Nature, decor, music, food, fashion, and other experiences.



SAFE