

My Starting Point â Journal Worksheet

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Module 1: The Wake-Up Call

SELF-ASSESSMENT: Rate each life area from 1 (struggling) to 10 (thriving)

Physical Health [1 2 3 4 5 6 7 8 9 10]

Mental / Emotional [1 2 3 4 5 6 7 8 9 10]

Relationships [1 2 3 4 5 6 7 8 9 10]

Career / Purpose [1 2 3 4 5 6 7 8 9 10]

Finances [1 2 3 4 5 6 7 8 9 10]

Spirituality / Inner Life [1 2 3 4 5 6 7 8 9 10]

MY TOP 3 SELF-SABOTAGE PATTERNS

1. _____

2. _____

3. _____

MY HEALING INTENTION FOR THIS JOURNEY

REVISIT AFTER COMPLETION â Rate the same areas again:

Physical Health [1 2 3 4 5 6 7 8 9 10]

Mental / Emotional [1 2 3 4 5 6 7 8 9 10]

Relationships [1 2 3 4 5 6 7 8 9 10]

Career / Purpose [1 2 3 4 5 6 7 8 9 10]

Finances [1 2 3 4 5 6 7 8 9 10]

Spirituality / Inner Life [1 2 3 4 5 6 7 8 9 10]