

6 September 2021

The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!

Life Assessment

This week's challenge is to assess where you're at in your life journey. In order to be happy, you need to know yourself, your wants & your needs but it's something that needs to be looked at fairly regularly. It's important for a number of reasons but crucially to determine whether the decisions we made some time ago are still relevant and serving us or whether we have actually evolved or changed, in which case we will need to do some tweaking. As always, be really honest with yourself as you answer the questions but also really challenge your beliefs & how you got to some conclusions. (In order to complete this week's challenge, please also download the 'Wheel of Life' pdf).



Monday - Complete the Wheel of Life. If you have completed one before, has it changed? In what way & why? If you haven't done one before, it's the basis of what you will be working on. How happy are you with the results?

Tuesday - Do you actually know what you want in life or are you just plodding through? Not knowing what you want is a bit like shooting blindfolded & hoping to get the target. How can you change that?

Wednesday - Have you let other people/ society dictate what you should want? Was this a conscious or unconscious process? Was this what was best for you? Why did it happen? How can you ensure that it won't happen again?

Thursday - Are you aligned with your life currently? Are you happy with your progress? Are you going against your real needs & wants because of external reasons? How could you create a better alignment?

Friday - Is there something missing from your life or not working for you? If so, why? What could you put in place to make it happen? Are there difficult decisions that need to be made or difficult things to face?

Saturday - What is your priority for the next month? What do you want to tackle and make sure you work on? How committed are you? What will you do when it gets difficult?

Sunday - What will your life be like once it's sorted and achieved? Will this give you the confidence to carry on and tackle even more? Really feel the feelings of having achieved it & how it will benefit you.