

14 June 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!

Inner Self Assessment

TAs I explained in the Masterclass, we all need to do an Inner Self-Assessment from time to time. This isn't about self-worth or self-esteem, more like a MOT. This week's challenge is exactly that, holding the mirror back to you. As always, these questions aren't necessarily easy but it is crucial to be honest with yourself.

I would personally recommend that you go back through this exercise every few months. As we grow & evolve, or as circumstances around us change, it's essential to keep ourselves in check, making sure we are still aligned within. If we are not, that's when our mental health can suffer.



Monday - How do you deal with different stresses? Is the method working for you or could it be improved? How? And what could you do to remove or minimise some of these stresses?

Tuesday - Do you have any ambitions? Are they realistic? Are they aligned with you or do you feel that you have to? Do you have a plan? How could you prevent any potential disappointment?

*Wednesday - Are you waiting for something to happen?
Could you be more pro-active in your own life? What could
you start today as opposed to 'when x, y or z happens'?
Why are you delaying it & your happiness?*

*Thursday - Are you bored in your own life? What needs to change to make
you even happier? What routine could you tailor slightly? What new things
could you do? What would you like to do but daren't?*

*Friday - Are you aligned with the people you spend time with? If not, how
could you make it better/ bearable? Are currently aligned with your own
life? If something isn't as you want it, what can you do about it?*

*Saturday - Do you give back? Or do you give too much of yourself to
others? If there were no consequences, what would you do/ not do/ cut back
on/ say? Why can't you just do it?*

*Sunday - Is life happening to you or are you taking the leading role?
Whilst we can't control everything. what aspects of your life could you
better manage? How? Why?*