



# Life Assessment

Discovering where you are at,  
and setting intentions to make changes  
that are right for you!

## Disclaimer

The procedures and techniques in this product are in no way designed to replace medical practices or medical advice given to people. The author makes no claim to cure any illness or disease, nor does the author diagnose and prescribe medical advice. The information is not intended to offer medical, psychological or other professional services, and whenever persons find themselves in need of treatment by a qualified medical practitioner, the author encourages them to do so. In the event that you use the information in this product for yourself or for another the author assumes no responsibility for your actions.







# Welcome

## Hey Beauty,

Welcome to Be All You Dream Of Therapies! Here you get to let your light lead you to shine your gorgeous self and become all you desire to be!

Today's offering is a very basic life assessment. This tool can be used often, and I recommend you use it at least monthly to give you a snapshot or where your life is at. This way you can make improvements on where you are currently heading, and it will give you an idea of which life area you wish to make changes to. I recommend you focus on one life area at a time, so you don't become overwhelmed. Be gentle with yourself and enjoy the process. A mountain wasn't built in a day!

This offering contains:

- Wheel of life assessment tool
- Wheel of life
- Reflection questions
- Going Dark
- Set Your Intentions
- Journal Pages

I recommend printing the reflection questions for each life area. This will give you an idea of what you want to work on or change in your life, and perhaps the things that are stopping you from living an amazing life. You will notice that there is 3 pages at the back seemingly on their own. This has been created on purpose. The cut-out intentions page is for you - obviously cut them out on a separate piece of paper, and the journal page is to keep separate if you wish to use it for a journal book. I offer journal pages in all my programs for you to combine and stick in a folder for your own use/requirement.



# Wheel of Life Assessment

The wheel of life assessment shows us where we are sitting in life. What life areas are a little lacking and where we can make improvements. It shows us how happy or dissatisfied we are feeling about the current state of our life and brings awareness, so we can reflect on what we would prefer to have in our lives and what areas could do with some balancing out. It also helps us to make informed decisions on our well-being and what is right for us. The wheel of life shows us different life areas and how they are functioning. In this workbook we will be looking at: Money & Finance, work/career, health & Fitness, Fun & recreation, environment/home, community, Family & friends, partners and love, growth & learning, spirituality/life meaning and a bonus section on sex life!

This assessment will bring with it self awareness (yippee) will help you to identify what areas of your life you have been neglecting and which areas need more prioritising, refining and rebalancing. When we balance out our lives it can lead to a more satisfying life. From this we can set some goals and create a plan on how to achieve them. If we use the wheel correctly (do follow up quiz each month), you can also track your progress, and make adjustments.

It's important to know where you are at, so you can plan and change where you are currently heading. Otherwise you'll end up being somewhere you don't want to be! Once you have complete the wheel of life assessment you can start setting some goals, changing habits, values and patterns and your life will start to look how you want it to be!



# Wheel of Life Assessment

Doing a life assessment is about becoming aware of where your life is currently at. When we look at the wheel, we can see the life areas that are going well for us and where things are falling a bit on the wayside. Answer each of the questions in each life area, out of 10 and then tally up the score in each life area, this will give you an idea of where each life area is sitting. If one of the questions does not suit you, or isn't relevant, cross it out and create your own question, that suits your life better. The questions are meant to be a guide, so you have something to compare it to. I have also included a bonus section on your sex life as an extra, but it's not included in the life wheel. It's a bonus section, but still equally important! Let's get started:

## Money and Finance

- \_\_\_ I am 100% happy with the amount of money I make.
- \_\_\_ I have financial security and I feel financially secure.
- \_\_\_ I pay all my debts by their due date.
- \_\_\_ I have a budget that I stick to.
- \_\_\_ I save at least 10% of my income every month.
- \_\_\_ I have a retirement plan that will provide for my future.
- \_\_\_ I have insurance to cover my needs should I need.
- \_\_\_ I consciously choose how I spend my money & have \$\$ for all I chose.
- \_\_\_ I embrace financial abundance.
- \_\_\_ I have a last Will and Testament that is up to date.

\_\_\_ Total Score

## Career and Mission

- \_\_\_ My current career/business brings me joy and fulfillment.
- \_\_\_ My current career will help reach my financial goals for the next 6 mths.
- \_\_\_ I have set long term business/career goals that I align with.
- \_\_\_ My work is fulfilling even without financial compensation.
- \_\_\_ I am excited to get out of bed and go to work each day.
- \_\_\_ I have a clear vision of where my future career/business will take me.
- \_\_\_ My work life balance is in line with supporting myself, family & priorities.
- \_\_\_ I create clear predictable plan of what I can achieve each day.
- \_\_\_ I regularly write and review my goals to check in on my progress.
- \_\_\_ My work positively impacts the lives of others that brings me joy.

\_\_\_ Total score

# Wheel of Life Assessment

## Health and Fitness

- \_\_\_ I drink enough water each and every day to keep myself hydrated.
- \_\_\_ I listen to what my body needs and meet its needs daily.
- \_\_\_ I make conscious and positive choices about the food I put in my body.
- \_\_\_ I eat a healthy breakfast to start each day.
- \_\_\_ I spend at least 20 mins outside getting fresh air & grounding each day.
- \_\_\_ I work on my flexibility/strength/posture each day.
- \_\_\_ I do cardio workouts at least 3 times every week.
- \_\_\_ I have a fitness routine that I love, is easy to stick to and I feel good about.
- \_\_\_ I have enough sleep each night and wake feeling refreshed each morning.
- \_\_\_ I ensure I get up, walk and stretch at least every 50 mins through the day.

\_\_\_ Total score

## Fun and Recreation

- \_\_\_ My life is joyful, and I am happy to live and experience each day.
- \_\_\_ My life is full of honest open friends that I am free to be myself with.
- \_\_\_ I find times each day to be present in the moments I experience.
- \_\_\_ I spend time with my friends, and they feel loved and cherished by me.
- \_\_\_ I have many friendships in my life and make time for them often.
- \_\_\_ I have hobbies outside of work that nourish me.
- \_\_\_ I have time to breathe/meditate and do whatever I want each day.
- \_\_\_ I attend events that interest me as often as I want to.
- \_\_\_ I find ways to express myself in fun, creative and joyful ways.
- \_\_\_ I have vacation time so I can relax & enjoy myself, that fills my cup.

\_\_\_ Total score

## Environment/Home

- \_\_\_ My home environment is clean, tidy, peaceful or that I enjoy being in.
- \_\_\_ I only accept activities and requests that fit in with my core values.
- \_\_\_ I allow people their personal space and am granted the same in return.
- \_\_\_ My work environment is tidy, clean, inspires creativity, organised & planned.
- \_\_\_ I surround myself with positive influences, people, the media or habits.
- \_\_\_ My life is drama free, and I enjoy a peace filled life.
- \_\_\_ My bedroom is a safe space evoking restful, nurturing sleep & relaxation.
- \_\_\_ I have healthy food in my home and I limit junk food.
- \_\_\_ I have messages & images phone, work & home that empower and inspire
- \_\_\_ I surround myself with positive people that uplift my spirits.

\_\_\_ Total score



# Wheel of Life Assessment

## Community

- \_\_\_ I am committed to building a community of people who support me.
- \_\_\_ I love the community I live in.
- \_\_\_ I live in a safe community and environment.
- \_\_\_ I feel accepted into the community in which I live.
- \_\_\_ I only take on what I can manage in my communities.
- \_\_\_ I feel safe and accepted as I am in my communities.
- \_\_\_ I contribute to the growth of my community even in small ways.
- \_\_\_ I am expanding my own sense of community and belonging.
- \_\_\_ I contribute to the community which I live, in ways that I value & chose.
- \_\_\_ I seek out new communities to be part of, if I chose to.

\_\_\_ Total score

## Family and Friends

- \_\_\_ My social life is a positive influence on my life.
- \_\_\_ I find time to spend with friends as often as I can.
- \_\_\_ I find ways to increase the success & happiness of my friends and family.
- \_\_\_ I am authentic in my communication and live from my highest truth.
- \_\_\_ I ask for help and support when I need it.
- \_\_\_ I schedule in family time each week, and nothing gets in the way.
- \_\_\_ I honor the commitments I make & hold others to the same standard.
- \_\_\_ I trust my family, friends and social circle.
- \_\_\_ I work towards letting go the past learning to forgive myself & others
- \_\_\_ I own my part of conflicts in relationships when they are present.

\_\_\_ Total score

## Partners and Love

- \_\_\_ I know my own love language.
- \_\_\_ I know my partners love language & show my love in their language.
- \_\_\_ I share with my partner how I like to receive love through my language.
- \_\_\_ I am open to exploring my sexuality with my partner. I enjoy my sex life
- \_\_\_ I encourage my partner to be open and share their feelings with me.
- \_\_\_ I am open with my feelings and communicate openly with my partner.
- \_\_\_ My partner & I take time away with just two of us every few months.
- \_\_\_ We deal with conflicts in a way, so things do not build up.
- \_\_\_ We have a scheduled date night and stick to it at least once/week.
- \_\_\_ I learn how to be a better partner; I live in the present with my partner.

\_\_\_ Total score

# Wheel of Life Assessment

## Growth and Learning

- \_\_\_ I have a gratitude journal that I commit to writing in every day.
- \_\_\_ I reflect each day on my day/clients/relationships.
- \_\_\_ I review my habits & goals each day to help cement them in my body.
- \_\_\_ I listen/read to inspirational content for at least 30 minutes each day.
- \_\_\_ I allow myself to be the best I possibly can be.
- \_\_\_ I know what my values are, and I live them in everyday of my life.
- \_\_\_ I keep up to date with relevant information that interests me.
- \_\_\_ I know what my beliefs and skills are and attempt to live them each day.
- \_\_\_ I have someone to help me focus on my goals & dreams.
- \_\_\_ I have a coach/mentor to help me reach my goals faster when required.

\_\_\_ Total score

## Spirituality/Life Meaning

- \_\_\_ I am aligned with my spiritual beliefs and express them with ease.
- \_\_\_ I feel a deep connection to my inner self and my spiritual side.
- \_\_\_ I meditate and reflect on my life daily.
- \_\_\_ My actions reflect my spiritual beliefs with all I come in contact with.
- \_\_\_ I use my inner guide/intuition to help me find solutions to my problems.
- \_\_\_ I practice my spirituality and work with my inner self daily.
- \_\_\_ I look for meaning and value in my life.
- \_\_\_ My spirituality/inner self gives me a source of strength and comfort.
- \_\_\_ I am open to receive messages and guidance from within.
- \_\_\_ I use my gifts/inner self/guidance to help others.

\_\_\_ Total score

## Bonus: Sex Life

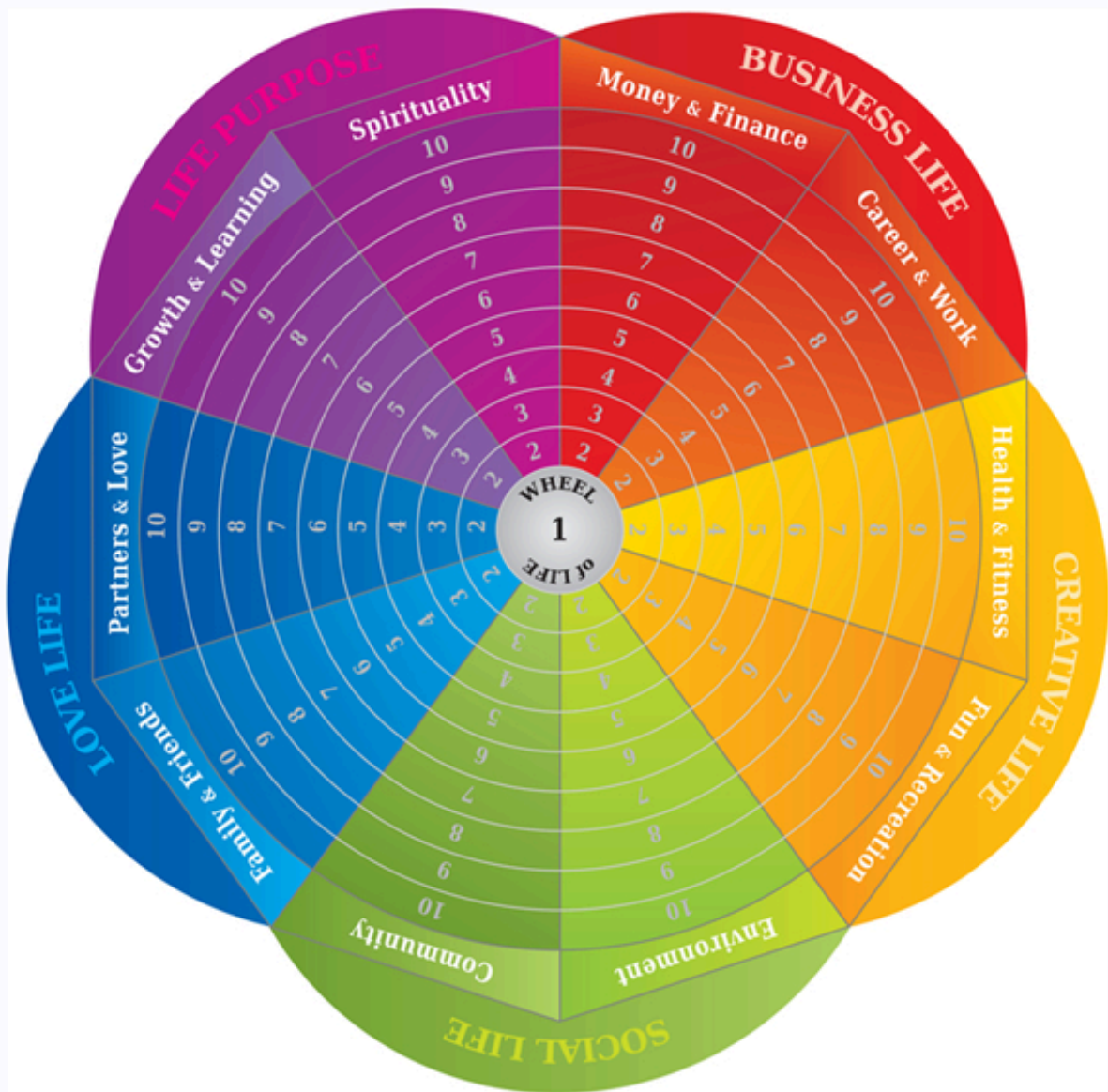
- \_\_\_ I am happy with my sex life and orgasm regularly.
- \_\_\_ I know what my partners sexual preferences are. I know what turns them on.
- \_\_\_ I know what my sexual blueprint is. (I own my preferences and what turns me on.)
- \_\_\_ I know my partner's sexual blueprint. (Their preferences and what turns them on.)
- \_\_\_ My bedroom is a safe and inviting space that allows for my own and my partners sexual and intimate comfort.
- \_\_\_ I communicate my sexual needs and desires with ease. (I ask for what I want.)
- \_\_\_ I am able to express my sexual boundaries. I know my body's yes & no responses.
- \_\_\_ I have my own sexual self-pleasure practices and am comfortable doing this.
- \_\_\_ I give and receive sexual pleasure; I am comfortable with my body and nakedness.
- \_\_\_ I know how to use my sexual energy to create life desires and release shadows/fears.

\_\_\_ Total score

# Wheel of Life

Date: \_\_\_/\_\_\_/\_\_\_

Now from the Life Assessment, transfer the number out of 10 onto the circle below. Once you have, combine the dots and see how "balanced" your circle really is.





# Reflection Questions

Now that you know where you are at, Congratulations by the way! You can now look at which area you would like to shift first and what changes you would like to make. It can also be very important to understand what is important to you in each life area. When we know where we are, then you are able to understand what isn't working well and what you value the most.

For each life area answer the following questions. The questions are the same for each area. I suggest you print 11 "Reflection Responses" pages (if you want to reflect on your sex life), of the next page and write out the responses for each life area. OR grab your journal, notebook or paper and write down everything you can think of; brain dump it all down. The prompts are a tool to get you thinking. But this is not an exhaustive list by any means. Come to it when you think of something else. Journalling helps us to fully understand how something is or has affected us.



# Reflection Questions

- How do you react to this life area? Take notice of your body's sensations when you read or look into this life area. Write down what happens in your body, stress, tension, fear, happiness, lightness, heaviness, tight shoulders, knot in your stomach, enjoyment, pleasure, love it etc. What thoughts did you notice when you were completing this life area?
- What do I think about this life area?
- What do I feel about this life area?
- What does this life area mean to me?
- What goal would I like to set and achieve in this life area?
- What intentions would I like to set and achieve in this life area?
- What habits have I observed I do with this life area?  
procrastinate/take  
action/avoid/freeze/flee/overeat/exercise etc.
- What patterns have I observed I do with this life area?
- What beliefs do I have about this life area?
- How has this life area affected my parents/caregivers during my childhood? How has that experience affected your relationship with this life area?
- What were the messages you were told from your childhood about this life area?
- What new rituals/habits/patterns/thoughts do I want to change and create in this life area?
- How do you want to relate to or experience with this life area moving forward?





# Going Dark-Digging Deep

So, now we are going dark! Digging Deep! Write down all the reasons you cannot get what you want. What is stopping you! I want you to acknowledge every aspect of the reasons you cannot reach your goal/desire/want. No matter how silly, minuscule or how large you think the problem is. Just write them all down. This is an important step in consciously creating. You cannot create something, if you are internally battling against it. We need to look at these reasons and work with them, rather than fighting against them. Your fears, thoughts, emotions, do another brain dump on ALL the reasons why you can't have xyz, in your life. This is an awareness activity. This is the 'stuff' we can work on together (if you chose) or you can work on clearing in your own time/way. My Therapeutic and Self-Healing Awareness Cards are a great tool/resource to help with this.



# Digging Deep

Date: \_\_\_/\_\_\_/\_\_\_ Life Area: \_\_\_\_\_

Handwriting practice lines consisting of 20 horizontal dashed lines.

# Set Your Intentions

Intentions are not goals, but they can help us to focus on deliberate action. It is understanding what we want more of in our life and how that will make us feel. Intentions need to be true to your personal values and beliefs. It is making a statement of how you want your life to look, for example more travel, or more specifically travel with family/friends to certain location. setting an intention gives you a direction to follow and encourages you to be responsible for living your life. We could also invite or set the intention of being more loving or understanding to family members etc. Being more available for our children, friends, family etc. Setting an intention is kind of about who you want to become. It's the action steps you are 'intend' to make to reach your goal. Here are a few examples to get you started:

- I will write 3 things I am grateful for in my gratitude journal each day.
- and I chose to abide by them, for myself worth and protection.
- I chose to make more time for myself.
- I will show my partner/children/family/friends I love them by ...
- I will show how much I love myself by...
- I chose to do one random act of kindness each month.
- I will drink 2 litres of water each day.
- I will eat healthful foods each day. I will move my body in enjoyable ways and give me energy each day.

Now it's your turn, for each life area write down an intention and leave it somewhere related to that life area, so you can read it each day. (Health habits-on the fridge). Or you can start an intention journal and each day upon rising grab it and read it before you get out of bed or with your morning cup of coffee.





THE AUTHOR

## MEET TANYA

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Things I love:

- Crystals
- Photography
- Learning to draw and colour-being arty!
- Learning to love myself
- Creating a life that I am honored to live
- And you - Thanks for joining me on this crazy journey called life and most of all for showing up for you.



[IG.COM/BE-ALL-YOU-DREAM-OF](https://www.instagram.com/be-all-you-dream-of)



[FACEBOOK.COM/GROUPS/BAYDOT](https://www.facebook.com/groups/baydot)



[TANYAWINTER.COM](http://TANYAWINTER.COM)

# Product Spotlight



### Therapeutic Brilliance Cards

A 53 card deck to guide on help you remove patterns beliefs and behaviours a tool to give you daily guidance (if you chose) or to use when you feel stuck, providing you with practical therapeutic tools and strategies to help you move through the internal stuff that may be stopping you from leading with your light and living a life you dream of. Can also be used as a tool, with the Self-Healing Awareness Cards. They are designed to be working together.



### Self-Healing Awareness Cards

A 44 card deck and book, designed to help you deep dive into the world of self-healing and self-awareness, to release the shadow that has been hidden. Now is the time, and you have the power to heal your own wounds and be supported doing it. Can be worked with on a deeper level combining, cards, guidebook, companion & journal. Designed to work with Therapeutic Brilliance Cards.

\*LEARN MORE AT [TANYAWINTER.COM](http://TANYAWINTER.COM)





# Focus:

Word of the day/intention for the day/What would you like more of today?

Date:     /     /  
S/M/T/W/T/F/S


 Set intentions

 Nourishing Foods

 Moved My Body

 Journaling

 Mindful Eating

 Expressed Gratitude

 Meditation

 Went outside

 Reflected on the day

## MORNING INTENTIONS

Morning Thoughts Feelings + Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings + Intuitions

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How did you feel today?

---

---

What did you accomplish today?

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## GRATITUDE JOURNAL

- 1.
- 2.
- 3.

## REMEMBER

## AFFIRMATION

Create a affirmation to support your focus for the day...

Life ...





--- write your intentions, cut them out, read them often and take the action...

MONEY & FINANCE

Blank space for writing intentions related to Money & Finance.

CAREER & MISSION

Blank space for writing intentions related to Career & Mission.

HEALTH & FITNESS

Blank space for writing intentions related to Health & Fitness.

FUN & RECREATION

Blank space for writing intentions related to Fun & Recreation.

ENVIRONMENT/HOME

Blank space for writing intentions related to Environment/Home.

COMMUNITY

Blank space for writing intentions related to Community.

FAMILY & FRIENDS

Blank space for writing intentions related to Family & Friends.

PARTNERS & LOVE

Blank space for writing intentions related to Partners & Love.

GROWTH & LEARNING

Blank space for writing intentions related to Growth & Learning.

SPIRITUALITY/LIFE MEANING

Blank space for writing intentions related to Spirituality/Life Meaning.

SEX LIFE

Blank space for writing intentions related to Sex Life.

Blank space for writing intentions related to Sex Life.