



The Art of Living

Life Assessment

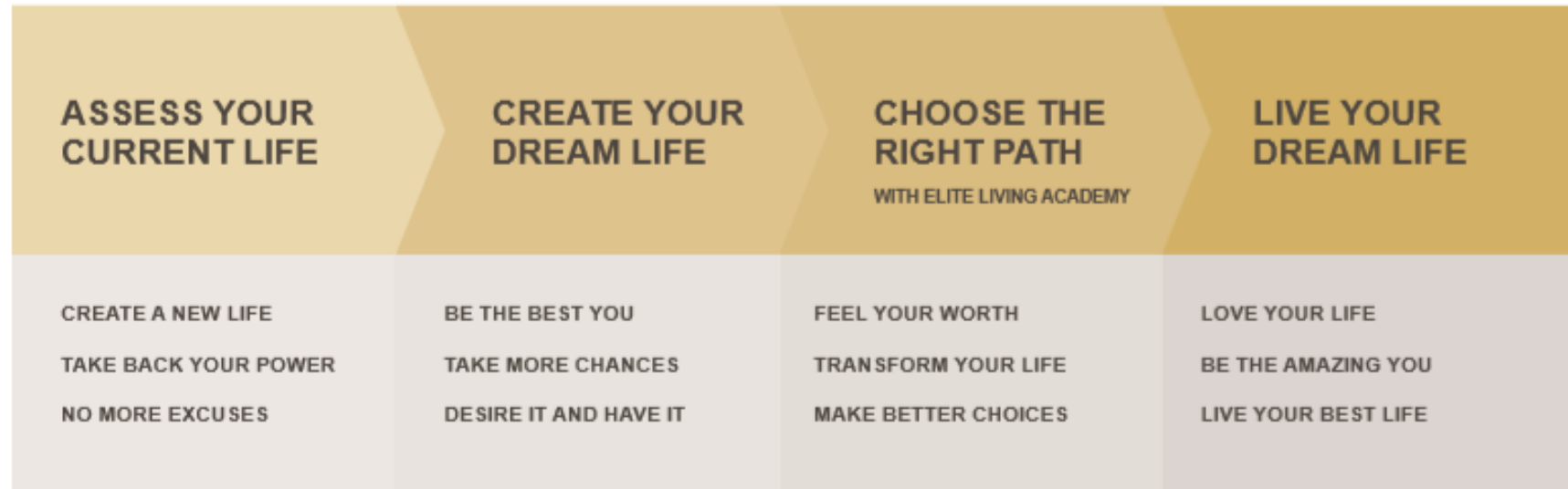
Elaine Curry



A real life plan to living well and setting goals
Health - Love - Happiness - Success - Purpose



Take your visions to reality



*“Life isn’t about finding yourself,
it’s about creating yourself”*



VISION + PASSION + ACTION = THE SECRET TO A LIBERATED LIFE



6 Top Human Needs for Happiness and Fulfilment

1 HEALTHY MIND:

- Positive Mindset, Gratitude, Forgiveness, Reading and Learning, Positive Self Talk, Self-Love, Happiness and Peace of Mind.

2 HEALTHY BODY

- Good Drinking
- Good Nutrition
- Good Exercise
- Good Sleep
- Good Digestion
- Good Relaxation
- Good Habits

3 HEALTHY RELATIONSHIPS:

- Loving Relationships, Good Connections with Family, Children, Friends and the Community. A Sense of Self, Significance and Safety.

4 HEALTHY CAREER & FINANCES:

- Good Financial Well-being. Vision, Action, Passion, Growth, Success, Abundance, Achievements, Ambition, Motivation, Security, Contribution and Dreams.

5 HEALTHY SOUL:

- Right Connections to Others and The Universe, Acts of kindness, Acting Consistent with Morals and Values. Living with a Purpose, Faith, Hope and Spirituality.

6 HEALTHY LIFESTYLE:

- Work-Life Balance, Good Habits, Interests and Experiences.

VISION + ACTION + PASSION = THE SECRET TO A LIBERATED FULFILLED LIFE

LIFE HAPPENS BY DESIGN



Section 1: Assess your life and identify areas needing attention

Scores	1 Terrible 2 Bad 3 Poor 4 Needs Improved 5 OK 6 Could be better 7 Good 8 V Good 9 Great 10 Amazing									
	Week 1 Current State	Week 8 Desired State	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Comments
1.HEALTHY MIND MENTAL STATE - SELF-TALK HABITS - BEHAVIOURS CONFIDENCE - LEARNING										
2.HEALTHY BODY Good DRINKING Good NUTRITION Good EXERCISE Good SLEEP Good DIGESTION Good RELAXATION										
3.HEALTHY RELATIONSHIPS - PARTNER - FAMILY / FRIENDS - COMMUNITY										
4.HEALTHY FINANCES/ CAREER SKILLS/ Knowledge INCOME/ Finances										
5.HEALTHY LIFESTYLE INTERESTS/ ENJOYMENT										
6.HEALTHY SOUL/ SPIRIT VALUES, MORALS, SELF, PURPOSE, SPIRITUALITY										



How do you feel right now about the areas you scored in the previous page – Write down your thoughts, your feelings, your emotions on your current situation.

Mind

Finances / Career

Body

Soul / Spirit

Relationships

Lifestyle

LIFE HAPPENS BY DESIGN

YOUR CURRENT SITUATION: IF YOU NEED MORE SPACE – USE THIS PAGE



A large, empty white rectangular area framed by a thick gold border, intended for writing or drawing. This area is the primary focus of the page, providing space for the user to describe their current situation.



Section 4 - Invest in yourself

If you achieve the above goals what will it give you? What really holds you back from living the love you want?
Do you want to talk about it? Do you need to work through it? Are you feeling frustrated?

OTHER SUPPORT AVAILABLE THROUGH ELAINE CURRY COACHING:

- **1-1 COACHING:** TO GUIDE YOU ON YOUR LIFE PATH, GIVE CLARITY AND FOR TRANSFORMATIONS.
- **Facebook Page:** Elaine Curry Coaching **Facebook Private Group:** Women Inspired
- **Themed workshops:** Transformational 16 Life Coaching Programmes for you or if you want to run a group workshop.
- **Organise a weekend re-treat:** Connecting like-minded women together to nourish the soul, gain clarity, build confidence with an empowered life-changing retreat.

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YOU ARE NOW READY TO LIVE YOUR NEW LIFE – BREATHE LIFE INTO YOUR GOALS

Shine Bright like a Diamond



LIFE HAPPENS BY DESIGN