

The Art of Living

Life Assessment

Intentional Living | Journey Within

Wisdom Pathway Framework



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



What's the secret of a liberated life?

Real transformation happens when every area of life grows together.

Real transformation happens when every area of life grows together. Life doesn't come with a manual, so I made this life assessment and complimentary transformational workbook to give you the right pathway towards a better life. For **TRANSFORMATION** to take place in your life, you need to address your life on a mental, emotional, behavioural and spiritual level.

Most coaching focuses on one problem. The WISDOM™ Framework develops the whole person. Because lasting success isn't just about one area of your life. It's about creating alignment across every area of life. There comes a point in life when experience becomes more than knowledge. It becomes wisdom.

My transformational Coaching helps individuals, leaders and organisations create meaningful transformation through the WISDOM™ Framework

In this life assessment you will assess your life; state your new goals and dreams; and start believing that you can have a great life and create a life you will love. Changing your thoughts, your behaviour and habits are essential to success in your personal life, career or business.

You can often feel tired, stuck and frustrated not because you are doing so much but because you are doing too little of what sparks a light in you. Your dreams come from deep inside you and there lies beneath a deep passion for a wonderful life. I challenge you to talk about your dream life, writing it down and then making it real. You will transform your life, your relationships, your family, your work and enjoy a lifestyle you created just by taking this first step.

This **real-life assessment** will guide and set out a realistic life plan for you, giving you the formula that changed my life and others so you can do the same too. Start now and change your life. Time is precious, and this investment in you will transform your life.

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Take your visions to reality

LIFE HAPPENS BY DESIGN



The Wisdom Framework for Life Fulfilment

WISDOM Pathway™ The Art of Living · Six Dimensions of Wellness



- 1 Wisdom Wellness:** Learning · Growth · Mindset · Emotions
Positive Mindset, Gratitude, Forgiveness, Reading and Learning, Positive Self Talk, Self-Love, Happiness and Peace of Mind.
- 2 Interpersonal Wellness:** Social Wellness · Relationships · Community & Connection
Loving Relationships, Good Connections with Family, Children, Friends and the Community. A Sense of Self, Significance and Safety.
- 3 Spiritual Wellness:** Faith · Values · Purpose · Peace
Right Connections to Others, Faith, Acts of kindness, Acting Consistent with Morals and Values. Living with a Purpose, Faith, Hope and Spirituality.
- 4 Daily Wellness:** Habits · Energy · Daily Routines · Lifestyle
Good Drinking, Nutrition, Exercise, Sleep, Digestion, Relaxation, Habits
Good Lifestyle
- 5 Occupational Wellness:** Career · Purpose · Productivity
Good Financial Well-being. Vision, Action, Passion, Growth, Success, Abundance, Achievement, Ambition, Motivation, Security, Contribution and Dreams
- 6 Monetary Wellness:** Financial Confidence · Security · Abundance
Good Financial Well-being. Growth, Success, Ambition.



Getting started – how to complete this plan

Transformation begins with awareness. Take the complimentary WISDOM™ Life Assessment to discover which area of your life needs the greatest attention and receive guidance on the pathway that's right for you.

You have started the best transformational programme that will change your life forever. The following workbook unlocks the secret to your **SUCCESSFUL AND HAPPY LIFE**.

We will take a holistic approach to build your future life, looking at the six areas of your life with multi-dimensional approach (mental, emotional, behavioural and spiritual). I have found that what you want in life can be achieved with the right tools, guidance and support.

HOW TO COMPLETE THIS PLAN

SECTION 1: SELF ASSESSMENT: Assess your satisfaction and happiness levels in each area of your life. Look at your current situation, what are your current feelings, your emotions, your anxiety, your health, your frustrations and just spend time thinking about your current life. Identify what you are not happy with, what do you want to change and what needs attention.

SECTION 2: VISION OF YOUR DREAM LIFE/ Action Plan: Start visualising your dream life and create your dream life. Create a vision of what you want your life to look like in one to five years stating all in positive words. Then develop new positive affirmations and new beliefs to change and support a positive mind-set, new behaviours and emotions. **Energy goes where your thoughts flow!** You will develop a clear focus, realistic goals and action to take you closer to your dreams and a happier life for you. **Dream of your best life possible!** Identify all key actions needed towards your dream life.

SECTION 3: INVEST IN YOURSELF: Other support available through **ELAINE CURRY COACHING & MI LIFE COACHING PLATFORM**

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

DESIGN A LIFE YOU WILL LOVE



Continued...

CHOOSE THE RIGHT PATH AND TAKE ACTION

- **Life Assessment:** Through completing this assessment you will challenge yourself and address all areas of your life, evaluating your worth, looking at new opportunities, looking at new solutions to get that life you dream of. Action planning and writing are both an important part of the process. When you state and talk about your visions and your dreams, your energy will flow towards them. Your future is unwritten, and NOW you have the power to change it.
- **There is an additional workbook with book:** Art of Living – Lessons for a Liberated Life: Divided into the six similar sections so if you struggle with a certain area of your life then you can refer to the book for guidance and tips.
- **Contact us for 1-1 Coaching:** Let's go through the transitional workbook together. MY COACHING ROLE on a 1-1 basis works with people who need extra support and guidance in life transformations. The process is successful in helping you talk through emotions, issues and concerns setting realistic goals by listening to your needs with powerful questioning promoting positive thoughts and actions.

LIVE YOUR DREAM LIFE - Make it real and unlock your emotions and your current state. Get back that excitement and in that unique flow. Be unstoppable and keep dreaming big.

A beautiful future belongs to those who follow and believe in their dreams

"I don't just help people achieve success.

I help them create a life of purpose, wisdom and lasting impact."



DESIGN A LIFE YOU WILL LOVE



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 12 Desired State	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
1. Wisdom Wellness Learning • Growth • Mindset • Emotions													
2. Interpersonal Wellness Social Wellness • Relationships • Community & Connection													
3. Spiritual Wellness Faith • Values • Purpose • Peace													
4. Daily Wellness Habits • Energy • Daily Routines • Lifestyle													
5. Occupational Wellness Habits • Energy • Daily Routines • Lifestyle													
6. Monetary Wellness Career • Purpose • Productivity													

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

1.Wisdom Wellness: Learning • Growth • Mindset • Emotions

2.Interpresonal Wellness: Social Wellness • Relationships • Community & Connection

3.Spiritual Wellness: Faith • Values • Purpose • Peace

4.Daily Wellness: Habits • Energy • Daily Routines · Lifestyle

5.Occupational Wellness: Habits • Energy • Daily Routines · Lifestyle

6.Monetary Wellness: Career · Purpose · Productivity

LIFE HAPPENS BY DESIGN

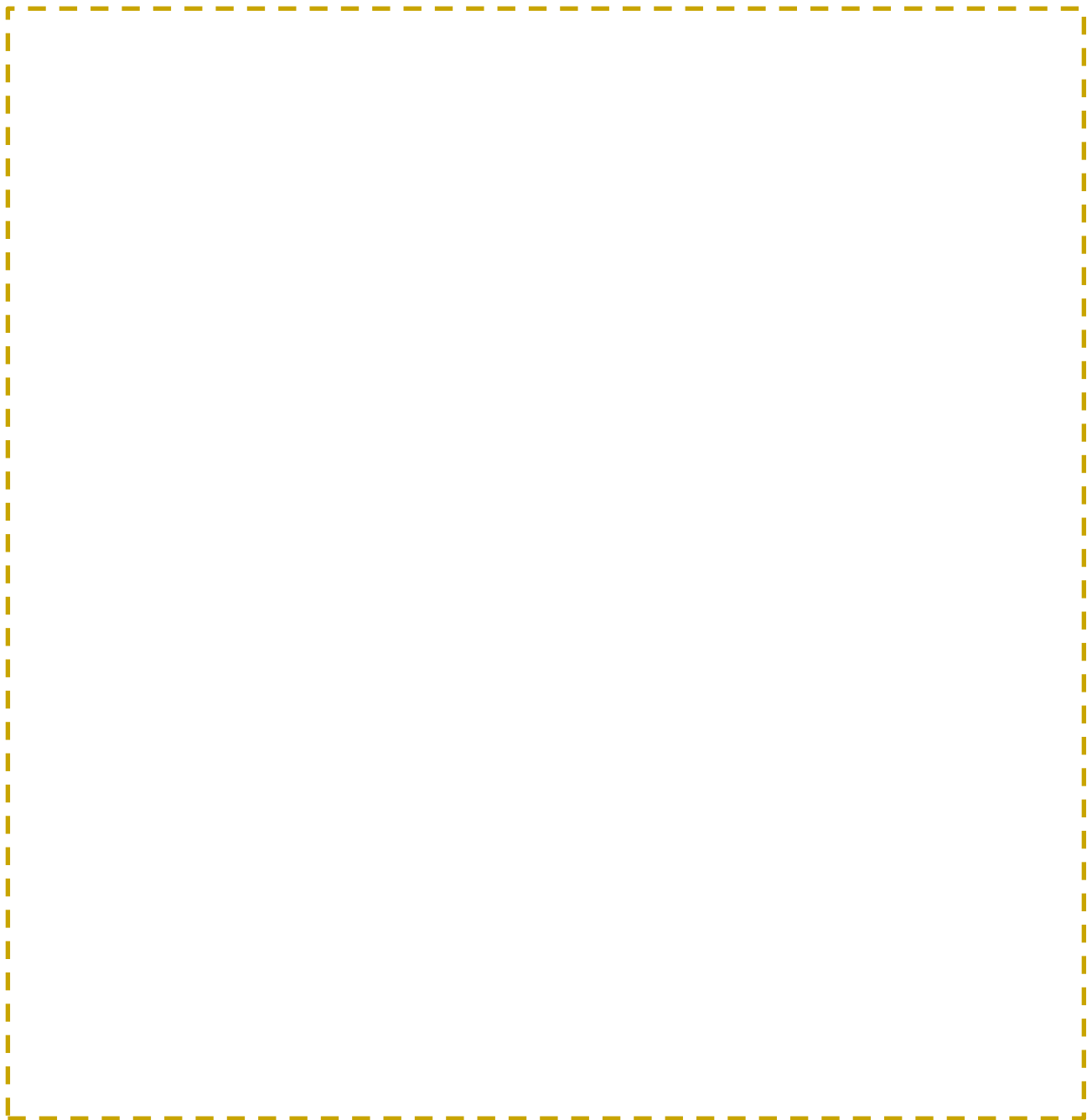
**YOUR CURRENT SCORE and LIFE SITUATION: IF YOU
NEED MORE SPACE USE THIS PAGE**

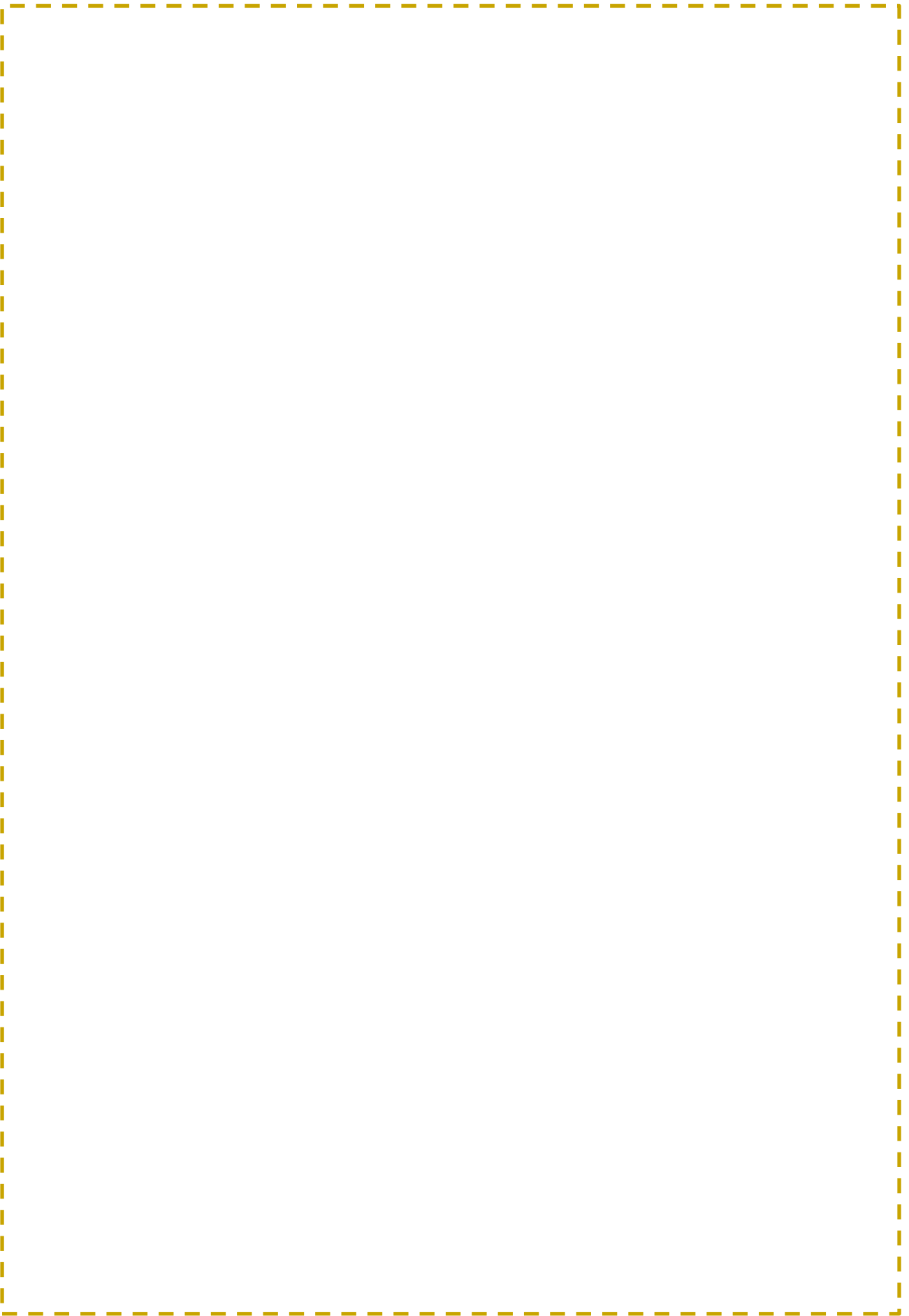
A large rectangular area defined by a dashed yellow border, intended for a user to write their current score and life situation. The box is empty and occupies most of the page below the header.

Challenging your thoughts:

Can you label the thought? Is it helpful? Is it true? What is the evidence to this thinking? Is it fair? Are you being too hard on yourself? Are you being too hard on others? Are you distorting the information? Are you jumping to conclusions? Will it matter in 1 week, 1 month or 1 year from now?

Can you replace or reframe your thoughts – create an alternative positive thought about this situation? Are there positive ways you can look at the statements or situation?

A large dashed yellow rectangular box, intended for writing a response to the prompts above. It occupies the majority of the lower half of the page.



Section 2: Visions and Action Plan

**IDENTIFY ALL KEY ACTIONS NEEDED TO TAKE YOU TO
YOUR DREAM LIFE**

	30 days - list of actions	60 days – list of action	90 days – list of action
1.WISDOM WELLNESS			
2.INTERPERSONAL WELLNESS			
3.SPIRITUAL WELLNESS			
4.DAILY WELLNESS			
5.OCCUPATIONAL WELLNES			
6.MONETARY WELLNESS			

Section 3 – Invest in yourself

- If you achieve the above goals what will it give you?
- What really holds you back from living the life 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
- **Themed workshops:** Transformational 16 Life Coaching Programmes for you or if you want to run a group workshop/ Mi Life Coaching Platform
- **Organise a weekend re-treat:** Connecting like-minded people together.
- **Online resources:** Go online and see my resources, journals, books and products. Also, lots of free resources to print off.

Contact Details: Phone: 07967 522472 (UK)

Email: info@elainecurrycoaching **Website:** www.elainecurrycoaching.com

YOU ARE NOW READY TO LIVE YOUR NEW LIFE - Breathe Life Into Your Goals

“Joy is not something you wait to find - it is something you choose to create through the thoughts you think, the habits you build, and the life you intentionally live.”