

Worksheet: **Who Are You?**

1. How would you describe yourself?

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2. What makes you feel better when you're facing a difficult situation?

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3. If you could rewrite your past, what would you change?

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4. If you could relive one scene from your past, what would it be?

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5. Which area of your life do you think you need to improve?

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6. If you could write a book, what would the title be?

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7. Are you living your life to make you happy or other people happy?

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Worksheet: **Who Are You?**

8. How do you see yourself in one, five, and ten years from now?

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9. What makes you truly happy?

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10. How would you describe a perfect life for you?

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11. What makes you change your mood for better or worse?

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12. What do you need in order to feel complete?

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13. What has to happen to make you feel successful?

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14. Is your happiness dependent on others or yourself?

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Worksheet: **Who Are You?**

15. Are you more concerned with how your life looks or how you really feel?

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16. Who do you truly have to forgive: someone else or your own self?

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17. Are you really focusing on what brings fulfillment for you?

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18. What message does your future-self have for you?

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19. What is your deeper soul trying to tell you?

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20. Are you focusing on what you want rather than what you don't want?

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21. Is what you're doing in the moment getting you closer to where you want to be in the future?

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Worksheet: **Who Are You?**

22. Do you feel comfortable with yourself?

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23. What would you tell your old self in one sentence?

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24. Are you focusing in the moment or living in your past or future?

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25. What can you do now to reach your biggest dream?

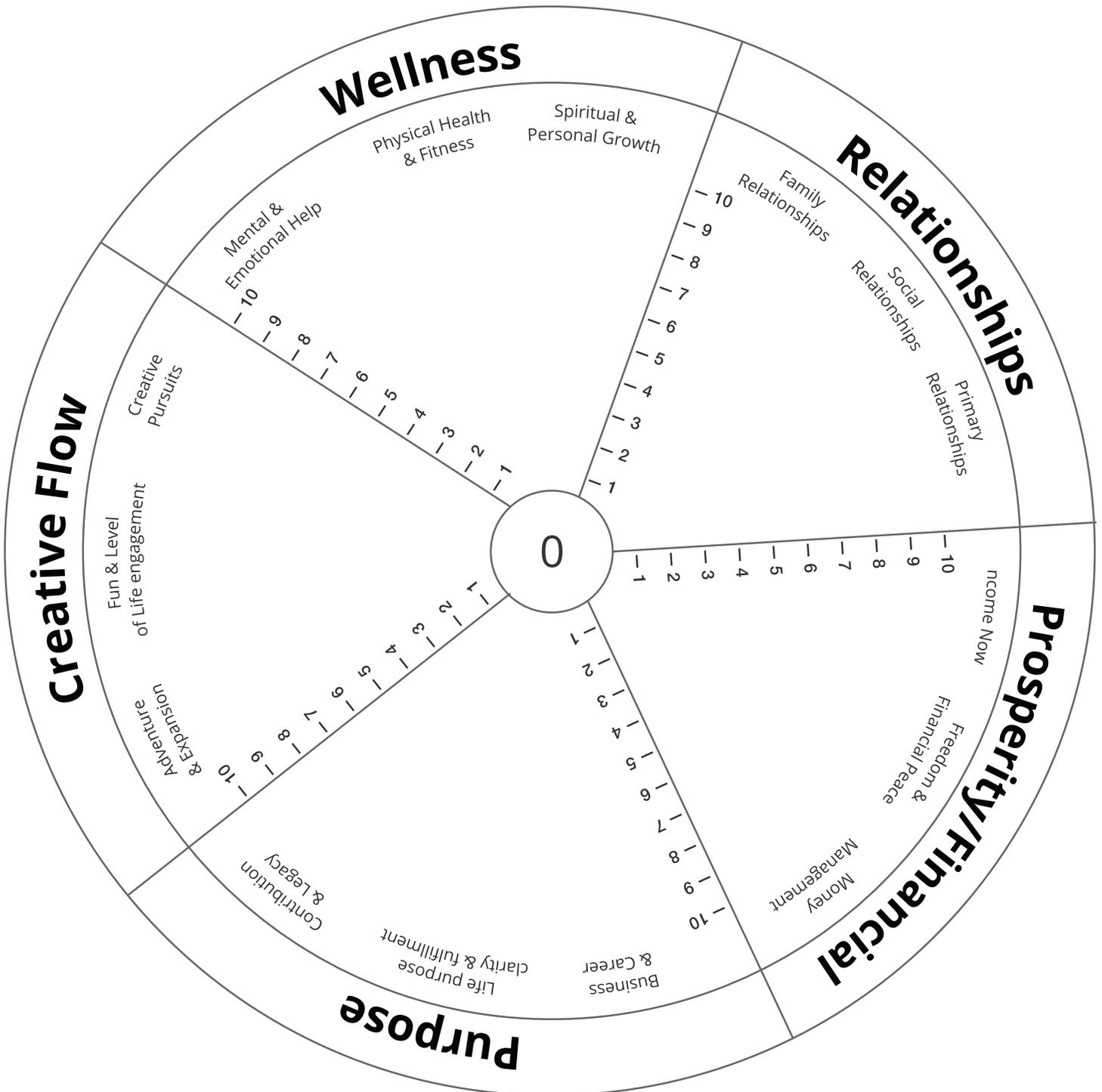
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# The Wheel of Life Assessment

Assessing Your Starting Point



## Goal Sheet

My Big Goal Is:

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My SMART Goal Is:

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My Milestones Are:

Week 1: \_\_\_\_\_

Week 2: \_\_\_\_\_

Week 3: \_\_\_\_\_

Week 4: \_\_\_\_\_

Week 5: \_\_\_\_\_

Week 6: \_\_\_\_\_

Week 7: \_\_\_\_\_

Week 8: \_\_\_\_\_

## Visualizing Success

One of the most important parts of the Journey of Self Discovery is the moment when it all pays off. If you can visualize this, you can keep going to the end.

*I woke up on Sunday morning with the warm sun shining through my window. I slowly got out of bed, stretched, and walked over to my journal. I was about to plan my next steps for the week when I realized I'd reached my goal. The past several weeks have finally paid off and my journey is complete.*

### 1. This is how I am feeling:

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### 2. This is how my life looks now:

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### 3. This is how people are reacting to the changes in me:

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## Overcoming Obstacles

With every great challenge, especially a life-changing one, there comes a point where you feel like you've hit a wall. It's certainly not getting any easier and you're just about ready to give up. Don't! This is the time for deep reflection. Think about what's holding you back. Do you have limiting beliefs?

### 1. What's holding me back?

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### 2. What patterns or limiting beliefs are at work?

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### 3. How can I reframe my limiting beliefs into more positive and supportive statements?

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## Using Positive Affirmations

Think about your best friend in the world, the person you'd give anything for. How do you treat this person? You are loving and supportive; you're devoted and compassionate. This is how you should also treat yourself.

Here are some examples to get you started:

*I have all that I need within me to reach my goal.*

*I'm open for new and wonderful opportunities.*

*I am being guided to my best and highest good.*

*I deserve happiness.*

Make a list of 3-5 positive affirmations that resonate with you.

1: \_\_\_\_\_

2: \_\_\_\_\_

3: \_\_\_\_\_

4: \_\_\_\_\_

5: \_\_\_\_\_

## Wheel of Abundance

Have you ever heard the saying “Change your thoughts, change your life”? Think about what you’ve been asking for and attracting into your life. The Wheel of Abundance will help you focus on your goal in a positive way. It teaches you that if you’re able to change the way you think and be grateful for your achievements, you can bring success into any part of your life.

### Declare:

Use the positive affirmations about yourself. Ex: I am loved. I am competent. I bring success into my life.

### Ask:

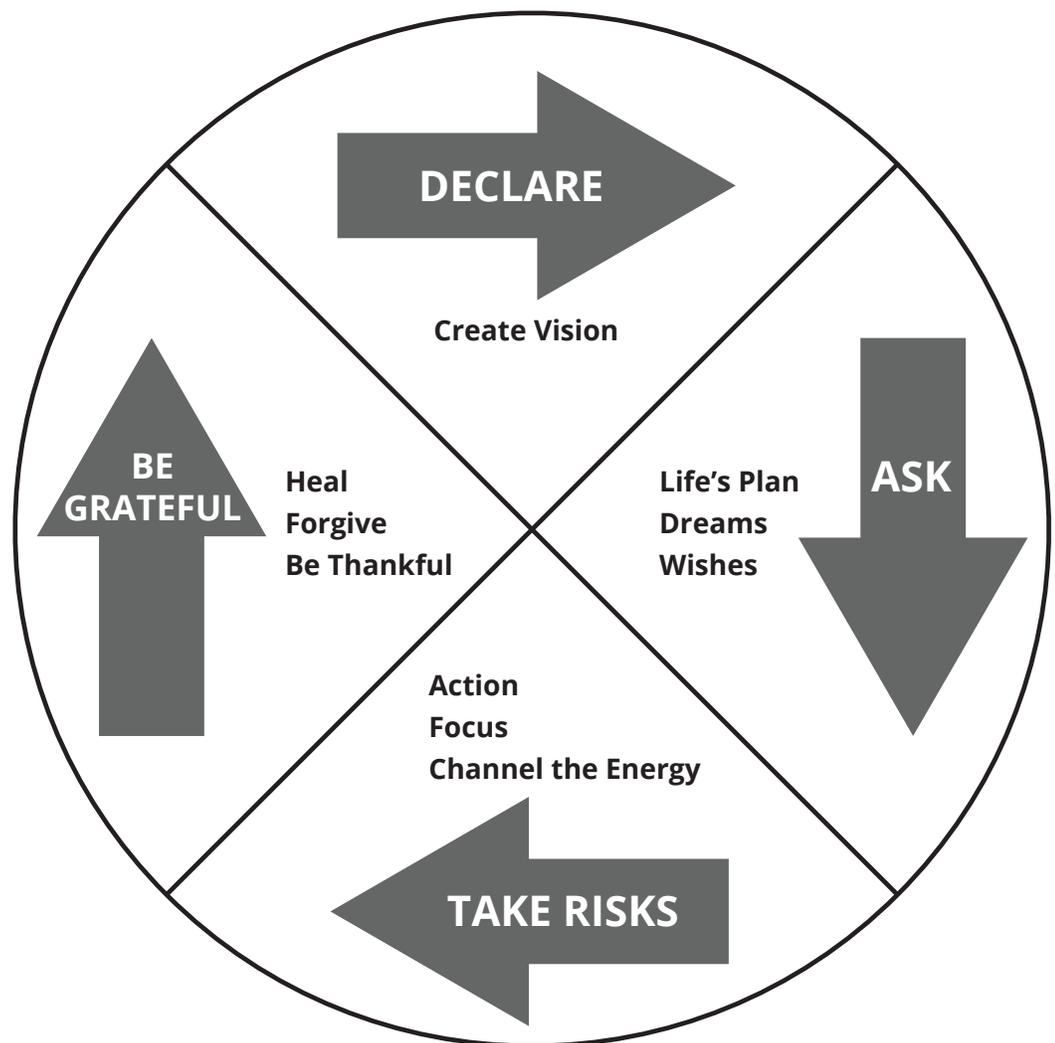
Ask what you want from the Universe. Always use positive wishes (“I Want to be successful”) never negative wishes (“I don’t want to be miserable”).

### Take Risks:

Have the courage to take the first step and any following steps. Believe in yourself. Focus on your goal and the benefits it will bring when you achieve it.

### Be Grateful:

Always thank the Universe/God/ Spiritual guides for providing you what you’ve been asking. Give thanks for each achievement and the gift of life.



**Having trouble?** Ask an Advisor to help you. While every psychic may not be familiar with this Wheel of Abundance, they’ll be able to walk you through the steps (declare, ask, take risks, and be grateful).