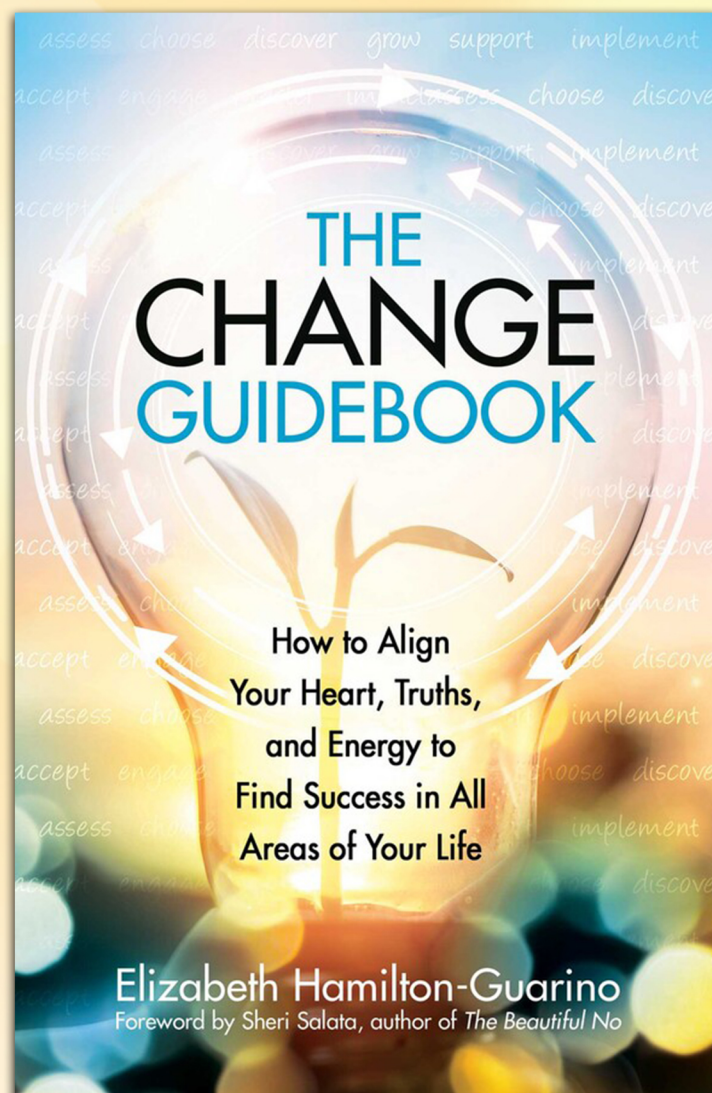


Best Ever You Vision Statement Assessment

as seen in:

The Change Guidebook



Visit

ChangeGuidebook.com



Taking Inventory

Thank you for being here with me as you take an inventory to create your best life!

I founded The Best Ever You Network in 2008.

This process has been taught for years now as part of my coaching curriculum to help people learn how to implement change. This assessment is the first step in creating a vision statement for your life, which will illuminate a path full of infinite possibilities. I invite you to design the life you want and choose to lead for yourself.

Celebrate You!

With Love,

Elizabeth Hamilton-Guarino

Elizabeth Hamilton-Guarino

The Assessment



Vision For Your Life

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What are you doing now?

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Is there something in your life creating stress or joy?

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Why did you give yourself that number?

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What steps are you not taking to get closer to your dreams?

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What values do you think are most important?

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The Assessment



Attitude & Inspiration

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What is your outlook on life?

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What are your core values?

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Do you take responsibilities for things you say, do, write, and think?

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What values and attitudes do you want to embody within yourself and project to others in the world?

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What are your strengths?

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Do you have a gratitude practice?

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The Assessment



Well-Being

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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Have you had all relevant medical checkups and exams in the past year?

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How do you manage your emotions?

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How do you cope with chronic conditions?

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The Assessment



Personal Finance

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

What has changed in your financial life during the past year?

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Does your budget accurately reflect your means and your priorities?

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Do you have the insurance you need?

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Can you make a plan to pay off debt or at least move it to a lower-interest account?

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If you've done well, what have you done to solidify your financial position?

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The Assessment



Fitness

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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How can you incorporate a healthy amount of exercise into your schedule?

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Do you need to meet with a doctor to start an exercise plan or a trainer to tune up your workouts?

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How do you manage stress?

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Can you find healthier ways to handle stress?

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The Assessment



Appearance

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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How do you care for your appearance?

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What do your looks say about you?

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What do you want my appearance to say?

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What do you like about your face and body?

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Is the time and energy you spend on your appearance appropriate to your life at the moment?

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The Assessment



Home

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What are your goals for where you want to live this year? Are you content in my home and neighborhood?

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Do you want to find a better or more suitable home or make changes to your current one?

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Do you feel “at home” where you live? If not, what would it take to get you to feel that way?

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The Assessment



Relationships

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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How is your relationship with yourself?

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Do you have a healthy balance of relationships in your life with your partner, friends, children, siblings, parents, and others?

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Are you a good listener?

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What is one change you would like to make in the way you relate to others?

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Are you forgiving?

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The Assessment



Career

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What type of work would you like to do?

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What has changed about your work life?

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When are you doing to deal with those changes?

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What are you doing to move closer to your career goals?

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The Assessment



Leisure

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What do you do for fun?

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Do you have enough fun or too much fun?

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What relaxes and renews you?

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How can you find more leisure time in your schedule?

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The Assessment



Religion/Spirituality

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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What is your relationship with the Divine or with the human spirit?

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What beliefs guide your life?

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Are you closer or further from your spiritual center than you were a year ago?

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Do you have people in your life who share your spiritual outlook or who can offer guidance in this area?

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Do you experience a sense of a community or lack of it?

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The Assessment



Food and Nutrition

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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How is your nutrition?

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Do you stay connected to your feelings of hunger and fullness?

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What good habits do you have regarding your health?

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What are your drinking habits? What about other substances?
Do you think you are addicted to anything? Have you ever had a dry year, free of all substances?

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The Assessment



Peace and Harmony

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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How do you find peace and harmony?

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Do you know what peace feels like?

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Do you have a peaceful life?

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Do you create peace?

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The Assessment



The Long Run

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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Have you made legal arrangements for what would happen to your kids if you became disabled or died?

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Do you have life insurance?

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What is your financial plan for retirement and old age?

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Have you created a living will, health-care proxy, or power of attorney?

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Have you discussed end-of life plans with others?

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The Assessment



Humanity

On a scale from 1-10 with 10 being exceptional, how does your current reality rank with the expectations you have for yourself?

1	2	3	4	5	6	7	8	9	10
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Do you volunteer?

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Are you involved in your community?

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What does the term "global community" mean to you?

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How do you treat others with compassion?

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The Assessment



List five accomplishments from this year:

1.
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2.
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3.
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4.
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5.
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The Assessment



Think about the future, and complete the following sentences:

This year, I will . . .

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In five years, I will . . .

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In ten years, I will . . .

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Notes



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Notes



A series of horizontal dotted lines spanning the width of the page, intended for writing notes.