



Finding the Bliss

#EmbraceYourWholeSelf

YOUR LIFE MAKEOVER BLUEPRINT

Welcome Life
with open arms



Life Assessment & Goal Setting

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FINDING THE BLISS – Personal Growth, Health & Happiness

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“It's never too late to live your best life.”

- Luciana P. Moraes -

Thank you for being here!

NOW is the best time to start planning your **life makeover**.

How would it feel to have a **clear roadmap** to guide you toward your **highest goals**?

Imagine the **power and energy** of moving forward in life knowing exactly where you are headed and why.

You **CAN** do just that!

But first, you need to know where you are.

I have made it my mission to encourage you to pursue a life of meaning, fulfilment and happiness.

Should you choose to accept my mission, these exercises are the first steps toward your best life.

This is a “Mission Possible”... and no, this pdf will not self-destruct in 5 seconds!

Shall we do this?

But first, reserve time to go through these exercises that I have put together, especially for you. If it makes you feel relaxed and inspired, play your favourite instrumental music on the background, grab a cup of tea, or coffee, and give yourself to the moment. Remember, you are about to start sketching your LIFE MAKEOVER!

Enjoy my gift to you!

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YOUR WHEEL OF LIFE

Find your balance. Find your bliss.



INSTRUCTIONS

Look at the Wheel of Life and think about your level of satisfaction in each of the seven areas of your life.

Make this evaluation based on a scale of 0 to 10, where 0 = Not at all Satisfied and 10 = Extremely Satisfied. Then go to the next page. (Take as much time as you need.)

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LIFE SCORE

Now, register you Life Score on the table below, based on your life satisfaction right now. Put a cross on your chosen score.

0 = Not at all satisfied and 10 = Extremely satisfied. *(For better visual effect, use a highlighter to draw a straight line from 0 until your chosen score number).*

Then, move to the next page to complete your Life Assessment.

	0	1	2	3	4	5	6	7	8	9	10
MONEY											
Income											
Savings											
Investments											
Debt											
CARRIER											
Work											
Promotion											
Volunteering											

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	0	1	2	3	4	5	6	7	8	9	10
HEALTH											
Emotional Health											
Physical Health											
Weight											
Nutrition											
Fitness											
Energy levels											
RELATIONSHIPS											
Home environment											
Love Relationship											
Family Relationship											
Friends											
Social Life											
Business / work relationships											
FUN & LEISURE											
Self-care & me-time											
Time with family											
Time with friends											
Recreation											
	0	1	2	3	4	5	6	7	8	9	10

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PERSONAL GROWTH											
Education											
Self-development											
Mentoring/ coaching											
Therapy											
Spiritual growth											
CONTRIBUTION											
Charity											
Envolvement with local community											

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LIFE ASSESSMENT

Great job! Now that you know where you are, let's define where you want to go.

(Read the questions and take note if you wish. Again, take your time.)

How do you feel about the results of your LIFE SCORE?

How does your **life balance** look and feel?

Are you surprised with the result of any particular area of your life?

Are there life areas with very low score and others with very high score?

Do the results clearly reflect your priorities?

Are there areas you would like to change?

What change *should* you make first? And what change do you want to make first?

What is **one area of your life you are excelling** in? Have you always been successful in

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this area or is this success the result of intentional effort? What do you think has contributed to your success in this area? Are there certain beliefs that you hold that support your success in this area? Do you have specific routines?

What one area of your life do you **want to improve**? Once you improve this one area, which other area(s) would benefit? Is this area a constant struggle or the present situation is only recent or temporary?

What is holding you back in this area? What **limiting beliefs** do you hold regarding this area?

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Think about the changes you need to make to bring your life back to balance.

If there was one key action you could take that would begin to bring everything into balance, what would it be?

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PREPARE FOR GOAL SETTING

What success or satisfaction would feel like for each area of your life?

What would make each area a score of 10? What would a score of 10 **looks like**?

What success or satisfaction would **feel like** for each area of your life?

How do you currently spend time in these areas? How would you like to spend time in these areas?

What would you like **more of** in your life? What would you like **less of** in your life?

How could you make space for these changes in your life?

What help and support might you need from others to make changes and be more satisfied with your life?

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GOAL SETTING

You are now ready for goal setting! After looking at your Life Score and making your Life Assessment, it is now time to start setting goals and priorities.

On the table below, write down your 3 most important goals, for each of the 7 areas of your life. Make sure to state the goal, include a deadline and state why you want to achieve that goal. (Example: *By June 30th 2022, I will have my first "Embrace Your Whole Self Retreat" ready to launch (live or online, ... (because)... I want to share my experience to benefit others.)*)

What I want, specifically, by when	Why I want it
MONEY (income, investments, savings, debt) 1.	
2.	
3.	

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CARRIER (change job, promotion, sales objectives, etc) 1.	
2.	
3.	
HEALTH & FITNESS (lose/gain weight, eat healthy, go vegetarian/vegan, have more energy) 1.	
2.	
3.	

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RELATIONSHIPS (friends, family, love, business partnerships) 1.	
2.	
3.	
PERSONAL GROWTH (courses, hire a mentor/ coach, spiritual growth) 1.	
2.	
3.	

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CONTRIBUTION (volunteer time, give to charity, help friends or family, mentoring) 1.	
2.	
3.	
FUN & LEISURE (trips and gettaways, attending cultural event, self-care time) 1.	
2.	
3.	

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NEXT STEPS

Now that you have a clear vision of where you want to go and have set goals for how to get there, find an accountability partner. Choose a person with a positive mind-set with whom to share your most important goals. By doing so, in addition to making yourself accountable for the achievement of your goals, you may also find support, inspiration or even help.

Don't know anybody to be your accountability partner?

I invite you to [book a 30-minute complimentary 1:1 online Discovery Call](#) so we can get to know each other and find out if and how I can help you as your coach.

As a special gift to you, I have created a private Facebook Group to provide a safe source of encouragement and support to help you move forward, toward your goals. Feel free to share your most important goals on

[Embrace Your Whole Self – Life Your Best Life](#). Can't wait to see you there!

In the meantime, you may wish to explore other [resources](#) or our [blog](#) to inspire you on your Journey.

[Book your 30-minute Reignite Your Life Discovery Call](#)

May The Bliss be with You!

Luciana P. Moraes

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