

Self Assessment *for A New Begin*

1. Can you describe your personality?

2. What are 3 of your greatest strengths?

3. What is one way to get more energy into your life?

4. What are you mostly struggling with right now?

5. What are you currently doing well?

6. What can you do better?

7. What are you currently struggling with emotionally?

8. What can you do to release the struggle?

9. What has helped you in the past to get unstuck?

10. How secure do you feel in exploring unknown terrain?

11. What makes you come alive?

12. Where are you most irresponsible in your life?

13. What 3 inner road blocks and self beliefs are standing in your way of moving forward?

14. What is the "toggle switch" that often derails you?

15. How can you start embracing the change you're experiencing now?
