

How Fully Am I Living True to My Essence?

Self-Reflection Worksheet #1

The key to greater personal and professional fulfillment is recognizing your essence and doing what empowers you to BE who you truly are.

Essence = divine design = core truth of your being = who you truly ARE

Answer the following statements with

(1) Never, (2) Rarely, (3) Sometimes, (4) Most of the time, or (5) Always:

- I am being my greatness versus my smallness
- I speak a language of possibility (versus self-doubt and limitation)
- I feel personally satisfied and fulfilled with my life
- I feel professionally fulfilled in my work/career
- I am at "home" with myself - body, mind and spirit
- I am being open, honest and authentic
- I am creating the life I desire
- I have a positive mental attitude
- I feel confident
- I am being my best self in my intimate relationships
- I enjoy being of service to others
- I am surrounded by people who appreciate me
- I am a creator of my life (versus a victim)
- I feel energized
- I make decisions and choices that honor my personal values
- I see the greatness in others
- I am honoring my greatest passion
- I am courageously being me (versus what others want me to be)
- I am liberating myself from fear that holds me back
- I recognize who I am at my essence

_____ TOTAL SCORE