

# Self-Assessment: Where Are You At?

## How will you remember 20\_\_?

We all have the opportunity to learn significant lessons at the end of each year. We can do so only if we honestly evaluate what we did with our lives and what we created for ourselves over the past 12 months. Please use the following worksheet to evaluate and assess your 20\_\_.

List your 10 greatest accomplishments of 20\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

What are the choices I made to create these experiences in my life and what did I learn about myself?

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List your 10 greatest challenges and difficulties of 20\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## What Will You Create In 20\_\_?

Take a moment to honestly evaluate yourself and your life. Identify the pattern that you are repeating that is blocking, hindering and getting in your way the most in your life right now...

Be honest...

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What do you want to create for your life in 20\_\_?

- Break old limiting patterns
- Take care of your health
- Transform your body
- Create relationships based on love, joy and respect
- Start your own business
- Do what you love for your career
- Become debt free
- Travel the world
- Experience peace of mind

List your top 10 goals/experiences that you want to create in 20\_\_:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

20\_\_ could be a pivotal year in your life, a year you will look back on as the year you stepped up to the plate, committed to yourself and your life 100%, the year you made the changes in your life that you want. The question is; how are you going to make sure that you don't get sucked into repeating the same old patterns and habits from the past?

If you are like most people, you require support; a powerful, personal process that steps you through:

- 1) Discovering the truth about yourself and your life
- 2) Identifying your core limiting & supporting beliefs
- 3) Ongoing/long term support with tools and processes to assist you to relearn and counter- balance your limiting beliefs and strengthen and reinforce your supportive beliefs

The Personal Best Course is an experience beyond the simple self help approaches of technique and positive thinking. We assist you to get to the core of your beliefs (both conscious and less than conscious) that are dictating your behavior and feeding your patterns.

It is possible, it does work. Personal Best has 10's of thousands of grads who have become conscious of their limiting beliefs and have broken free.

You absolutely can do it! Imagine. How would your life be different?

If you broke free, how would your life be different in the following SPECIFIC ways?

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For more information, visit our website [www.personalbestseminars.com](http://www.personalbestseminars.com) or call the toll free 1-877-806-2378.