

4D SELF MASTERY

BODY: PHYSICAL ENERGY

MIND: MENTAL FOCUS

HEART: EMOTIONAL WELLBEING

SOUL: SPIRITUAL MEANING

ON A SCALE OF 1 - 5...

BODY: PHYSICAL ENERGY

- I regularly sleep 7 -8 hours and wake up feeling rested.
- I eat minimal sugar and processed foods.
- I exercise regularly.
- I rarely get sick.
- For the most part, my physical body is the same (or better) than it was 10 years ago.

ON A SCALE OF 1 - 5...

MIND: MENTAL FOCUS

- I spend time each day resisting distractions and focused on 1 thing.
- I keep a master to-do list, look at it regularly, and each day choose the most important thing to accomplish.
- I have an email strategy.
- I regularly take breaks to relax my focus and let my mind wander.
- My physical space (desk, home, garage, etc.) is clear and uncluttered.

ON A SCALE OF 1 - 5...

HEART: EMOTIONAL WELLBEING

- The majority of my life is spent in a mood of peace and ambition.
- I know that I, not events, control my mood.
- I have a deep sense of gratitude, and regularly make lists (mental or written) of all I am thankful for.
- I express appreciation regularly to the people around me.
- I know what to do to feel relaxed and joyful, and regularly make time for those things.

ON A SCALE OF 1 - 5...

SOUL: SPIRITUAL MEANING

- I have a deep sense of meaning in my life.
- I have access to, and feel guided by, my intuition.
- I have given considerable thought to what I want in my life, and my life is a reflection of that.
- I know who I am at my best, and make it a practice to live my values every day.
- My career is a reflection of what I do best and what I most enjoy.

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SCALE

85 - 100: Excellent.

75 - 85: Surviving, not thriving.

65 - 75: Danger! Danger!

65 or less: Emergency

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