



Mastery Made Simple

Focus on Mastering Me!



- 1 I am evolving, expanding, and confident.
- 2 I am seeking direction.
- 3 I feel a need for fulfillment.

	Yes + 1	+/- 2	No - 3
1. I'm generally pleased with myself.			
2. I take time to envision and plan my future.			
3. I've identified my values and can self-challenge my beliefs.			
4. I do not hold anger, grudges, gossip, or take offense easily.			
5. I can laugh at myself and my mistakes.			
6. I'm open to change and trying new experiences.			
7. I can say no.			
8. My days are generally enjoyable and fulfilling.			
9. I have enough obligation-free time and time alone.			
10. I consume good quality learning from many sources.			
11. My home is safe, clean, well-lit, sanitary, and clutter-free.			
12. I have financial and living stability.			
13. I have systems and routines that make my days easier.			
14. My information is organized and easily accessible.			
15. I take good care of my mind, body, and spirit.			
16. I enjoy music, art, education, social, and community events.			
17. I surround myself with encouraging, high-quality friends.			
18. I cultivate a positive attitude.			
19. I share my skills with others.			
20. I'm aware of marketing influences and make good choices.			

What self-supportive practice is hardest to maintain and why?

What's (just) one thing I'd change about my life?

Who is in my community? Are they enough? Why? Why not?

Checked #2 or 3s above, what do I need to do to improve my life?

What will my future self wish I had done now?

This exercise makes me realize:

What's next? Visit www.MasteryConsulting.net to be my best self.