



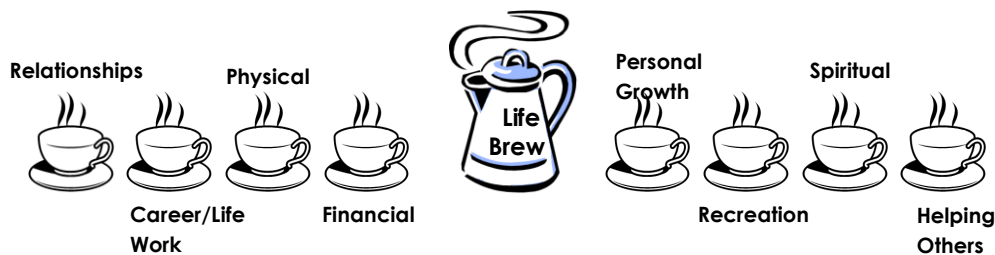
ASSESSING YOUR CURRENT BREW

THE POT OF LIFE

"Life is like a pot of coffee—it really is how you brew it." Julie Clark

You are one person with one Pot of Life. This Pot holds within it your Life Brew which is used to fill the 8 essential cups of your life—relationships, career/life work, physical, financial, personal growth/goals, fun/recreation, spiritual, helping others. Since the pot is in your hands, you control how much of your brew is poured out into each cup. But, like with any pot of coffee, if you pour too much out into certain cups, there will not be enough in the pot to fill the others. If you fill your life with too much of one area, the others start to get poured out and you are not living life to the fullest.

Your Pot of Life



You only have so much of your Life Brew to go around so to create a balanced, fulfilled life, you need to be aware which of your key Life Cups are being filled and which are being emptied.



LET'S ASSESS YOUR CURRENT LIFE:

In each cup, rate each phrase from 1-5, with 5 meaning you need no improvement and 1 needing a lot of improvement. Then, rate yourself in each area by shading in each mug to the degree you are achieving success in that category.

RELATIONSHIPS _____

Total



Included in healthy, growing r'ships with:

- ___ Parents
- ___ Spouse/Significant Other
- ___ Siblings
- ___ Children
- ___ Great friendships
- ___ Mentors
- ___ Have personal support group
- ___ Believe in and value myself

CAREER/LIFE WORK _____

Total



- ___ Doing what I want to do
- ___ Know my purpose
- ___ Passionate about my career/ life work
- ___ Challenged by my work
- ___ Growing professionally
- ___ Gives me fulfillment
- ___ Leaves me energized
- ___ Feel in control of my life

PHYSICAL _____

Total



- ___ Look my best
- ___ Exercise regularly
- ___ Eat healthy
- ___ Healthy weight
- ___ Have enough energy to do what I need to each day
- ___ Get enough sleep
- ___ No unhealthy addictions
- ___ Get annual doctor checkups

FINANCIAL _____

Total



- ___ Satisfied with current income
- ___ Satisfied with net worth
- ___ Good credit
- ___ Money in savings
- ___ Low debt
- ___ Financial investments
- ___ Enough money to do what I want, provide for my family, travel, support causes, etc.
- ___ Have monthly budget I stick to

PERSONAL GROWTH/LIFE GOALS _____

Total



- ___ Have positive attitude
- ___ Actively set goals and achieve them
- ___ Personally growing and learning
- ___ Take chances and try new things
- ___ Learn from adversity and failure
- ___ Venture outside my comfort zone
- ___ Have a plan for my future
- ___ Don't focus on the past

SPIRITUAL DEVELOPMENT _____

Total



- ___ Actively growing spiritually
- ___ Regularly pray/meditate
- ___ Involved in spiritual community
- ___ Practice forgiveness
- ___ Not easily angered
- ___ Not controlled by fear
- ___ Live with gratitude daily
- ___ Don't compare myself to others

FUN/RECREATION _____

Total



- ___ Take time for myself each day
- ___ Have fun in my life
- ___ Pursue hobbies and interests
- ___ Have cherished traditions
- ___ Take vacations
- ___ Laugh often
- ___ Do things that excite me
- ___ Have things I look forward to doing

HELPING OTHERS _____

Total



- ___ Contribute time to others
- ___ Actively support causes I care for
- ___ Feel like I'm making a difference
- ___ Live each day to the fullest
- ___ Express appreciation to others
- ___ Perform random acts of kindness
- ___ Regularly express love to others
- ___ Support and encourage others



COULD YOUR LIFE USE A FRESH BREW?

What cups get the majority of your time and attention? _____

Which areas of your life have you been neglecting or emptying? _____

What changes would you like to make in your life? _____

You still have possibilities to become the woman you really want to be. With an honest assessment of what gets your time and energy along with a willingness to take action, you can begin to create a future that excites and fulfills you. *What will your next pot look like?* Now is the time to brew up a better, more fulfilling life. It is up to you to define and create success in these key areas of your life. Stand up for yourself, center your life around your values, and start making life changes that really matter.

I am here to help you live life to the fullest. If you would like more information on life coaching programs to help you make changes in your life, send me an email at Julie@theinspirationalcoffeeclub.com or visit www.theinspirationalcoffeeclub.com.

Pour your heart into life!



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