

whole life assessment

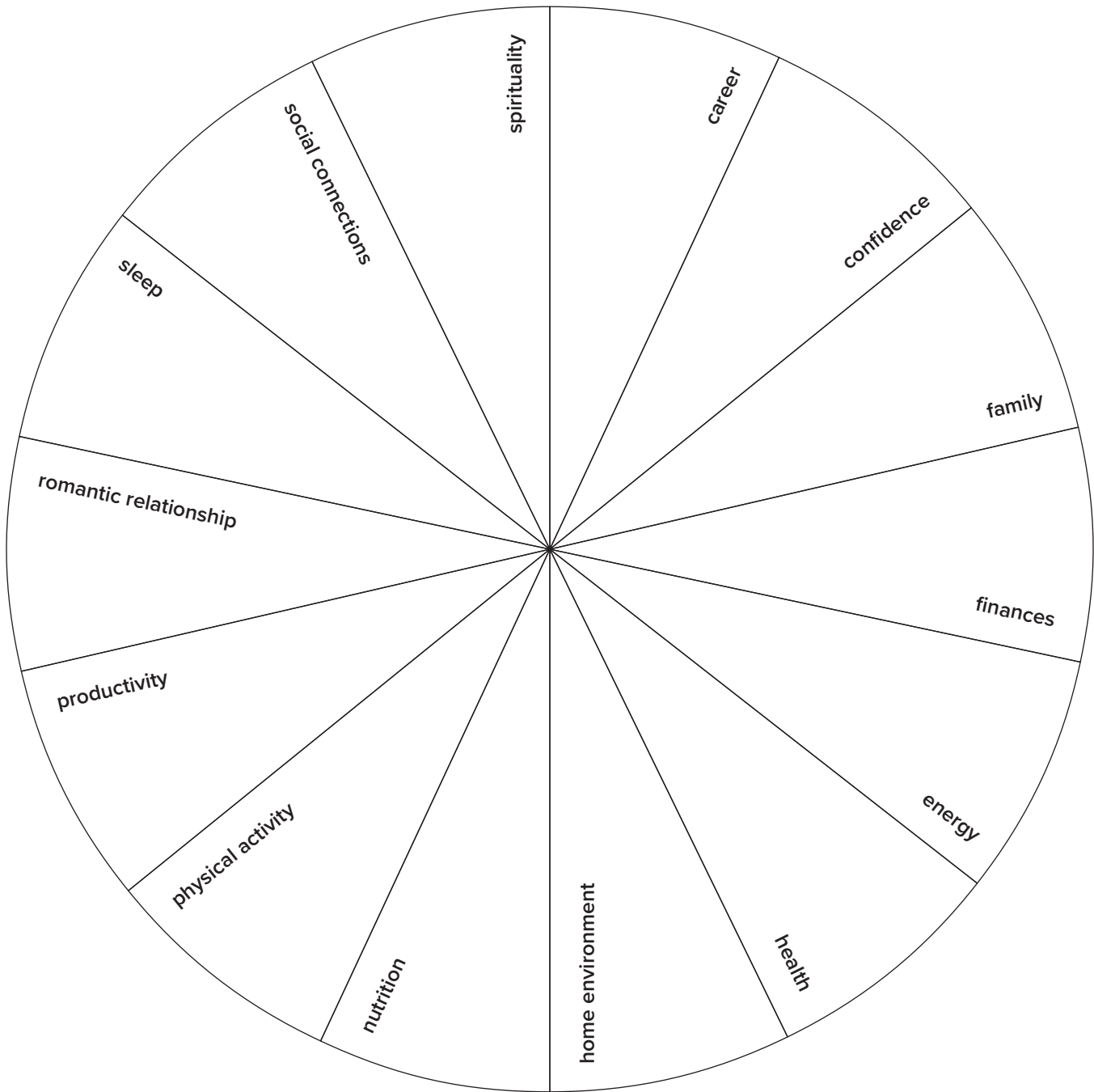
In order to feel whole, to be whole, you need to assess all aspects of your life. You may fixate on some areas while neglecting others. Change begins first from a state of awareness. Once you examine your current level of satisfaction in each of these categories, you will have a visual representation of any imbalances.

Place a dot on the line marking your level of satisfaction with the outermost edge of the circle representing ultimate satisfaction. The closer you move to the center, the more you are struggling. Now connect the dots.

Your circle might resemble a star, or perhaps an amoeba squishing out in all wayward directions.

No worry. You need to see yourself clearly and compassionately so you can reclaim the crown of personal responsibility. Refrain from weaponizing the insight. Each indent is an opportunity for growth. Embrace it as such, and in no time, the rough edges begin to soften. You become whole.

whole life assessment



brain dump

Unload every task, thought and should. All that bubbles up just as you are falling asleep, the moment your mind readies for rest. The reminders, the to-dos, the meetings, the birthdays, the errands, phone calls. All those distractions occupy prime real estate in your head. Because you're afraid you'll forget or miss something, or get caught unprepared. This exhausting vigilance is a waste of precious mental capacity. Get it all out. Every. Last. Drop. Remember that writing it down is not a promise to complete it today, or any day for that matter.

Once the list is complete, and the last confetti from the celebration for a job well done has fallen, return to the list with a discerning mind. With speed, run through the list and categorize into: decide, delete, delay, delegate.

- **decide** – If the consequences for not doing it create more work, (like being 2,000 miles past the needed oil change could create car trouble and cost money), then this task deserves attention within the week. Decide what day and what time this task will get completed.
- **delete** – Is this task or idea even worthy of your attention in the first place? It has been occupying space in your mind. Yet when you see it on paper, you conclude it does not deserve your time. Phew. Let it go.
- **delay** – This task doesn't require immediate attention, but you don't want to forget it. It may become urgent next week, but for now you can postpone. So simply store the information for later access.
- **delegate** – Is this task even yours? Are you the one best suited to complete it. Or can/should you pass this to someone else? Drop the martyrdom and really question the validity of the task as your responsibility.

Finally ... exhale

This exercise is a brave approach to renegotiating your relationship with your mind. This process reminds you that you are fully responsible for your thoughts and how you relate to them. You have countless opportunities to decide and choose where to put your intention and attention. Repeat this exercise as soon as the word "overwhelm" enters your consciousness.

brain dump

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