



How ALIVE am I?

In order to assess awesome-ness in your life, the simplest place to start is with an audit. When you are fully ALIVE, on purpose and joyful, your life leaves clues. This is your chance to look for evidence. Consider each area below and give yourself an honest rating. Resist the urge to over or under-estimate. 10/10 is a perfect-this-area-could-not-get-any-better and 0/10 is the this-area-is-the-absolute-worst. When you reach the last category, add them up and voila! Your **ALIVE** score. It does not matter what your scores are, they are the simply your now. Your starting place on the road to being even more alive.

My ALIVE Audit

Intimate Relationship & Sex	/10
Body and Physical Movement	/10
Work & Money	/10
Mental Health & Wellness	/10
Pleasure & Passion	/10
Sister/brotherhood & Support	/10
Personal Growth & Adventure	/10
Joy and Laughter	/10
Spirituality & Mindfulness	/10
Community Involvement & Giving	/10
Total ALIVE-ness	/100

Now, whatever your total number is simply notice it (not judge!) and choose an area and one action you can do **today** that can make you feel more ALIVE.

I will _____.