

## Worksheet for Gauging Your Life

How are things really? There are creative solutions to every issue and you often can discover it all by yourself if you take the time to do so. When you read this, think of it as a playful inquiry. We're not looking to fix everything – we're looking for increased aliveness and a reawakening to what is most important to you.

Ask yourself the following:

What am I tolerating that I really wish were different?

What one (or more if you like) of these things am I willing to have change?

What could I do to have it be different?

What could I let go of that doesn't serve me?

In what ways am I thriving right now?

Before you continue, appreciate yourself in a meaningful way.

So what is my life temperature? Hot, Cold, Lukewarm, Tepid?

What do I really yearn for?

How can I support myself to receive at least one thing that I yearn for ASAP?

Now, take a moment to love yourself. Give yourself a hug by saying something loving such as: "Thank you for thinking of me and loving me enough to pay attention to my deepest wants and needs."