



Ascensia Coaching

Create a Life You Love
Be Empowered and Take Action

From GOOD to GREAT

The ultimate 7 success keys to achieving your wildest dreams, goals and ambitions EASILY, QUICKLY and with ENERGY!

Success Key # 1 – CLARITY

Energy Level Indicator Technique

Success Key #1 - CLARITY

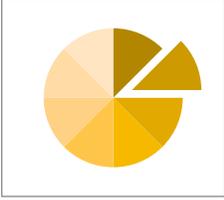
Energy Level Indicator Technique

For each area of life, measure on a scale of 1 to 10 how you currently feel, energy wise.

A score of 1 means things are not well at all and a score of 10 means you are 100% fulfilled, things could not go better, life is awesome.

Then choose the 3 areas of life with the lowest score and identify one thing you would like to change in each corresponding area of life.

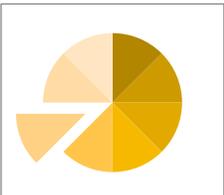
First start by indicating your energy level for each of the below area of life

Area of life	Your definition of what this area of life means to you? What is provided below serves as food for thought...Feel free to modify to reflect what your ideal area of life means to you!	Energy Level (0-10)
<p>Finance</p> 	<p>I have no credit card debts; I follow a detailed budget; I possess an emergency fund; I save a minimum of 10% of my income and continuously build my golden goose; I have great investments; I have a solid retirement plan and my family is well taken care for; I can afford all that I desire and live well below my means; My will and testament are up to date; Etc.</p>	
<p>Career</p> 	<p>I am excited every morning to start the day knowing that I love what I do; I plan out my day ahead of time; My current career allows me to achieve all of my financial goals; My earnings reflects worth and contributions; If I could I would to this without pay; My career allows me the flexibility to spend time with my family, friends and also explore other passions, hobbies and activities; I am intellectually stimulated; My talents and skills are being used to their full potential; I build solid collaborative professional relationships; Etc.</p>	

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Area of life	Your definition of what this area of life means to you? What is provided below serves as food for thought...Feel free to modify to reflect what your ideal area of life means to you!	Energy Level (0-10)
<p>Health</p> 	<p>I do regular exercise; I fuel my body with nutritious food and supplements; I get enough sleeps; I drink lots of water; I limit my caffeine intake; I meditate regularly; I regularly take time off to re-energize; I am surrounded my loving family and friends; I am resourceful; I am serene with life; I continuously seek instructional information to learn new things and grow as a person; I read inspirational and positive books; I lead a goal oriented life; I write what I am grateful for every day; I take care of my mental, emotional and physical health daily; Etc.</p>	
<p>Relationship/Family</p> 	<p>I have a nourishing relationship with my parent(s); I am close to my children; I enjoy being around my family; I have a great circle of friends; I do not entertain toxic relationships; I actively participates in social events and professional networks; I get along well with my coworkers, superiors and subordinates; I am loved by the people that are important to me; Etc.</p>	
<p>Relationship/Romance</p> 	<p>I have met my ideal partner or am fulfilled being single; I have an equal, trusting and nourishing relationship; I am actively engaged in learning how to be a better partner, spouse and person; I take full responsibility when conflicts arise; I am blessed to share my life with someone I love romantically; I have a healthy sexual life; I am authentic with who I am always; Etc.</p>	
<p>Spirituality</p> 	<p>I have a clear vision for each areas of my life; I know what are my personal values and live a purpose driven life; I know what is important to me; I know my strengths, weaknesses and my limits; I set clear boundaries; I am 100% responsible for my thoughts and actions; I clearly express my needs and wants; I respect myself; I am authentic with who I am in all situations; Etc.</p>	

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<p>Lifestyle</p> 	<p>I have hobbies outside work and practice them often; I attend cultural and recreational events; I vacation at least once a year; I spend as much quality time as I want with my children, family, friends and significant other; I live in the present moment; I take time to laugh and smile every day; I am constantly seeking new adventure and learning something new; The simple things in life makes me happy; Etc.</p>	
<p>Physical Environment</p> 	<p>I love where I am geographically located; I have a place I call home; I am clutter-free; I am organized and can easily find what I need; I have enough and quality food, water and clothes; I am surrounded with beautiful things, such as healthy air and light; I contribute to my community; My community is made up of trusting and enriching relationships; I possess quality appliances that works well; Etc.</p>	

Second, identify 3 things you would like to change for each of your 3 areas of life with the lowest score

Area of life	I would like to change...
1 - _____	_____
2 - _____	_____
3 - _____	_____

Take a moment to reflect what resonated with you the most with this exercise and blog. Share in the comments section of the blog your thoughts, questions and pearls of wisdom.

Until next time, wishing you EASY living...

Warmly,
Tanya



Be Empowered and Take Action
Coaching and Training for Stress-Free Productivity

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