

COMPASS ASSESSMENT

..... 2022

mäksēlife

COMPASS ASSESSMENT

The MäksēLife Compass is an important tool that allows you to:

- Increase your self-awareness and learn more about your emotions, thoughts, and beliefs.
- Recognize opportunities for personal development, change, and growth.
- Set meaningful goals anchored to your values and purpose.
- Track your progress throughout the year so you can make adjustments accordingly.

ESTABLISH A STARTING POINT

When setting goals, establishing your starting point is crucial to avoiding frustrations, distractions, and wasted energy. The assessment is your first step on this journey, and will also serve as a regular checkpoint throughout the year. Use the insight you gain from this assessment to guide you in creating a vision and setting meaningful goals for yourself this year.

EVALUATE YOUR LIFE AS A WHOLE

Each of us has an area, or areas, in our lives that we tend to favor more than others. When an area is lacking or is out of balance, it has an impact on our overall satisfaction in life. It is essential to address every area of our lives when making changes to ensure our highest chance of success.

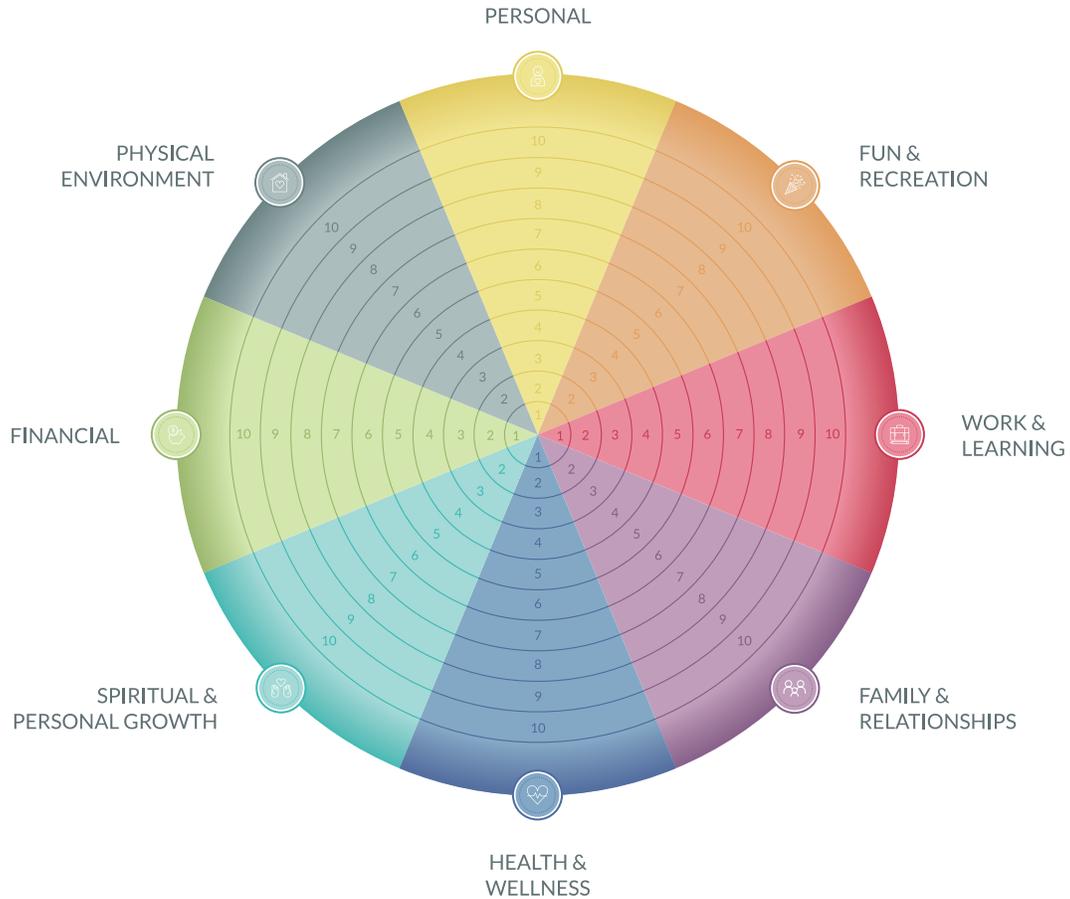
EMBRACE GROWTH

The statements in this assessment have been designed to serve as a guidepost to some of the most common areas for growth potential and will help uncover any blind spots that may exist. They have been created to give you a more in-depth look into all areas of your life to identify opportunities for growth, not to promote a level of perfection. Celebrate the areas you're doing well in and give yourself grace in the areas that you want to improve. This exercise can bring up a myriad of thoughts and feelings and is an excellent opportunity to practice self-acceptance. Remember, the process of creating a life you love is a journey, not a destination — there will always be room to grow.

GETTING STARTED

- STEP 1:** On the following pages, rate yourself on a scale of 1–10 for how well each statement applies to you. 1=does not apply, 10=strongly applies
- STEP 2:** In each area of life, add up your ratings and divide that number by 8 to arrive at an average score.
- STEP 3:** Fill in the sections on the Life Compass that correspond with your score. Each area will have different parts of the pie graph shaded in that coincide with the rating you've given to that area of life. Reference the example.

LIFE COMPASS



FINAL STEP

Consider what you would like to score yourself in each area of life by the end of the year, then circle that number on your Compass.

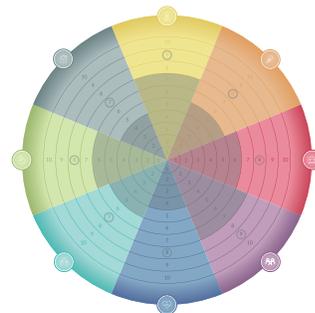
What needs to happen to arrive at that score?

What does it look and feel like for you?

By creating a vision of what you want in each area of life, you'll be ready to create specific long-term goals to get you there.

Before you write your Annual Goals, use the insight you've gained from this Assessment in setting Intentions for the coming year.

EXAMPLE



ASSESSMENT SCORING



PERSONAL

- | | |
|--|---|
| _____ My basic needs are taken care of. | _____ I regularly take time for life planning, reflection, and self-care. |
| _____ I generally feel happy and fulfilled. | _____ I am comfortable spending time alone. |
| _____ I have a positive attitude and outlook on life. | _____ There are hobbies and interests I engage in regularly. |
| _____ I give myself grace for my limits and imperfections. | _____ There are personal goals or projects that I want to achieve/complete. |

PERSONAL SCORE _____



FUN & RECREATION

- | | |
|--|--|
| _____ I take regularly planned vacations and/or time off. | _____ I reward myself when I accomplish a goal. |
| _____ I create moments for rest and rejuvenation. | _____ I do things on a regular basis that bring me joy. |
| _____ I give myself permission to have fun without feeling guilty. | _____ I spend enough time with people I enjoy. |
| _____ I have fun in ways that serve my highest and best self. | _____ My social interactions are enjoyable, meaningful, and fun. |

FUN & RECREATION SCORE _____



WORK & LEARNING

- | | |
|---|---|
| _____ I am enthusiastic about and engaged in what I'm doing for my life's work. | _____ I have positive interactions at work. |
| _____ I am fulfilled by the work I do and believe it adds value. | _____ I expand my skills through continued growth and development. |
| _____ My work is a true fit for my purpose, strengths, and personal gifts. | _____ I have an actionable plan to support the growth and success I desire. |
| _____ I am contributing to the work the way I desire. | _____ I am curious and eager to learn. |

WORK & LEARNING SCORE _____



FAMILY & RELATIONSHIPS

- | | |
|--|---|
| _____ I am present with my family, friends, and/or significant other. | _____ I experience vulnerability and intimacy in my personal relationships. |
| _____ I share mutual love, respect, and appreciation with my loved ones. | _____ I have a sense of community and belonging where I live, work, and play. |
| _____ I have healthy boundaries. | _____ I have clarity and peace in the areas I feel like I'm lacking. |
| _____ I am free from toxic relationships. | _____ I am actively designing what I want from my relationships. |

FAMILY & RELATIONSHIPS SCORE _____

ASSESSMENT SCORING



HEALTH & WELLNESS

- _____ I take care of my physical, mental, and emotional health.
- _____ I eat well and drink plenty of water.
- _____ I get a sufficient amount of sleep.
- _____ I have a regular exercise routine.

- _____ I have a healthy self-image.
- _____ I have healed from any stress or trauma I've experienced.
- _____ I feel strong in body, heart, and mind.
- _____ I'm equipped to handle life's events with strength and vitality.

HEALTH & WELLNESS SCORE _____



SPIRITUAL & PERSONAL GROWTH

- _____ I have identified what my own definition of spirituality is.
- _____ I engage in regular spiritual practice.
- _____ I invest time and energy into my personal and spiritual growth.
- _____ My words, thoughts, and actions are congruent with my beliefs and values.

- _____ I seek to learn new things about myself and others.
- _____ I feel clear and connected to what my guiding principles are.
- _____ I practice gratitude regularly.
- _____ I have found peace and forgiveness where there has been pain and suffering.

SPIRITUAL & PERSONAL GROWTH SCORE _____



FINANCIAL

- _____ I have financial and economic security.
- _____ I have a healthy relationship with money.
- _____ I spend my money responsibly and live within my means.
- _____ I have a financial plan for the future and contribute to it regularly.

- _____ I believe in my ability to acquire wealth.
- _____ I am implementing the systems and skills needed to meet my financial goals.
- _____ I have streamlined and automated my financial dealings.
- _____ I have a favorable credit rating.

FINANCIAL SCORE _____



PHYSICAL ENVIRONMENT

- _____ My home, car, and workplace are clean and safe.
- _____ My physical environment is free from clutter and excess.
- _____ I enjoy spending time in my personal spaces.
- _____ I feel organized.

- _____ I am up-to-date on necessary repairs and maintenance.
- _____ There are physical areas where I can go to recharge and experience comfort.
- _____ My environments support having positive energy, good habits, and personal success.
- _____ I feel supported in the management of my home.

PHYSICAL ENVIRONMENT SCORE _____