

6-POINT HIGH-PERFORMANCE LIFE INVENTORY



Welcome

You've made it this far and have already taken the biggest step towards living a high-performance life.

You've made the decision.

As you continue to make good decisions along the way, you will achieve what you want.



This inventory is a high-level look at how you rate yourself in 6 aspects of your life. You will instantly identify what needs fine tuning and the exact micro-actions you can take to make quick, significant change. (A micro-action is a task that takes less than 5 minutes to accomplish).

Ultimately, The GOAL of this assessment is to see what is working, what is not, and how to make the changes you've been wanting to make for years and get them to STICK.

Step into this 6-Point High-Performance Life Inventory from a place of confidence and empowerment and complete it the way your ideal self would - with 100% effort.

A truly honest self-assessment will give you the simple roadmap to finally feeling like a success in all areas of your life. This is between you and you. Show up for yourself with complete, utter honesty

YOUR STEPS TO GUARANTEED CHANGED:

1. PRINT this document in its entirety and complete with pen or pencil (in color if possible)
2. Complete one aspect of the inventory every day for the next 6 days
3. Display your inventory in a visible spot so you SEE it every day
4. Follow through on the commitments you make to yourself
5. Do this inventory quarterly and check in on your progress

Today's Date: _____

Well-Being is the foundation of your personal operating system.
Taking good care of yourself mentally, physically, emotionally and spiritually is paramount to overall success and happiness.

GOAL: The goal of this inventory is for you to take an honest look at your wellbeing systems and activate the areas that need improvement.

On a scale of 1-10 (1-Never, 10-Always) rate yourself on how **CONSISTENTLY** you practice good habits by circling your answer.

Sleep	1	2	3	4	5	6	7	8	9	10
Nutrition	1	2	3	4	5	6	7	8	9	10
Hydration	1	2	3	4	5	6	7	8	9	10
Exercise	1	2	3	4	5	6	7	8	9	10
Quiet Time	1	2	3	4	5	6	7	8	9	10
Play	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:

What aspects of your well-being are working?

List one micro-action you will take to keep the momentum going?

What aspects of your wellbeing need improvement?

List one micro-action you will take for each aspect:

Time Management is one of the most important aspects of living a structured, productive, and well-balanced life.

GOAL: The goal of this inventory is to help you determine exactly what needs addressing, where you are wasting time and how you can complete your prioritized tasks so you spend more time playing with your loved ones.

On a scale of 1-10 (1-Never, 10-Always) rate yourself on how CONSISTENTLY you practice good habits by circling your answer.

I keep a to-do list.	1	2	3	4	5	6	7	8	9	10
I accomplish my to-do list on a daily basis.	1	2	3	4	5	6	7	8	9	10
I show up prepared and on time for my commitments.	1	2	3	4	5	6	7	8	9	10
I am hyper-hyper-focused and complete my tasks.	1	2	3	4	5	6	7	8	9	10
I am overcommitted.	1	2	3	4	5	6	7	8	9	10
I have and stick to a morning/evening routine.	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:

What aspects of your time management are working?

List one micro-action you will take to keep the momentum going?

What aspects of your time management need improvement?

List one micro-action you will take for each aspect:

CAREER You invest a significant amount of time/energy in your career and it's imperative you feel happy, energized and well-compensated for that time.

GOAL: The goal of this inventory is an objective look at your career so you can be informed and have clear 'next indicated' steps.

Rate yourself on a scale of 1-10 (1 -Completely disagree, 10 -Completely Agree) by placing a circle around your answer.

On the whole, I enjoy my work.	1	2	3	4	5	6	7	8	9	10
I spend most of my time working in my zone of genius.	1	2	3	4	5	6	7	8	9	10
I enjoy my team/co-workers.	1	2	3	4	5	6	7	8	9	10
I feel well-compensated for my contribution.	1	2	3	4	5	6	7	8	9	10
I feel motivated to show up for work each day.	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:

What aspects of your career are working?

List one micro-action you will take to keep the momentum going?

What aspects of your career need to change?

List one micro-action you will take for each aspect:

RELATIONSHIPS

When it comes down to it, the health of your relationships impacts absolutely everything.

GOAL: The goal of this inventory is an objective look at your relationships so you can be informed and have clear 'next indicated' steps.

Rate yourself on a scale of 1-10 (1 -Completely disagree, 10 -Completely Agree) by placing a circle around your answer.

I have good relationships with those closest to me.	1	2	3	4	5	6	7	8	9	10
I have relationships that I know are toxic.	1	2	3	4	5	6	7	8	9	10
I feel supported and championed in my relationships.	1	2	3	4	5	6	7	8	9	10
I align myself with people who have the same values.	1	2	3	4	5	6	7	8	9	10
My interpersonal communication skills are good.	1	2	3	4	5	6	7	8	9	10
I feel comfortable being myself in my relationships.	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:
What aspects of your relationships are working?

List one micro-action you will take today that will make them even better:

What changes need to be made?

List one micro-action you will take to implement each change:

ENVIRONMENTS Your surroundings are controllable sensory experiences that dramatically affect how you feel - mentally and physically. The state of your surroundings have a direct correlation to your productivity and well-being.

GOAL: The goal of this inventory is an objective look at your environments so you can be informed and have clear 'next indicated' steps.

Rate yourself on a scale of 1-10 (1 -Completely disagree, 10 -Completely Agree) by placing a circle around your answer.

I feel balanced and energized in my living space.	1	2	3	4	5	6	7	8	9	10
My handbag/briefcase is organized and well-stocked.	1	2	3	4	5	6	7	8	9	10
My car is clean and organized.	1	2	3	4	5	6	7	8	9	10
My workspace is tidy, organized, and inspiring.	1	2	3	4	5	6	7	8	9	10
My financial 'environment' is in order and I am planning for the future.	1	2	3	4	5	6	7	8	9	10
I spend time in natural environments.	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:

What aspects of your environment are working?

List one micro-action you will take to keep the momentum going?

What aspects of your environment need to change?

List one micro-action you will take for each aspect:

PLAY and adventure are crucial to living a high-performing life. Experimentation and child-like creativity spur us on to new levels in our personal and professional lives.

GOAL: The goal of this inventory is to take an honest look at how well prioritized 'play' is in your life, and the actions you can take to enjoy more play time.

Rate yourself on a scale of 1-10 (1 -Completely disagree, 10 -Completely Agree) by placing a circle around your answer.

I prioritize play and it is exemplified in how I live my life.	1	2	3	4	5	6	7	8	9	10
I make time for hobbies, interests & adventures.	1	2	3	4	5	6	7	8	9	10
I feel connected to my childlike spirit.	1	2	3	4	5	6	7	8	9	10
I am open to trying things out of my comfort zone.	1	2	3	4	5	6	7	8	9	10
I surround myself with people who have shared interests.	1	2	3	4	5	6	7	8	9	10
I have successfully integrated play into my professional life.	1	2	3	4	5	6	7	8	9	10

Now, consider your answers above and complete the following:

What aspects of your play life are working?

List one micro-action you will take to keep the momentum going?

What activities will you add to your play life?

List one micro-action you will take for each activity:

You did it!

No doubt this was a bit of an eye opener!

1. You know exactly where you stand.
2. You've identified where you are feeling successful.
3. You know what needs to be changed and what actions will lead to those changes.



I'd love to reiterate that ANY action is a success. Focus more time expanding on your wins and less time trying to figure out what you've done 'wrong' in those areas that are not currently ideal.

I would love to know what you learned by taking this inventory.. how it is changing you and those around you. Shoot me an email at JuliAnn@JuliAnnStitick.com.

ONE DAY AT A TIME. ONE STEP AT A TIME.
ONE ACTION AT A TIME. ONE RESULT AT A TIME.

You can accomplish anything when you make your decisions absolute and your actions consistent.

I'm with you. I believe in you. I know you can do anything you put your mind to, and you know that, too, deep down inside.

If you'd like information on your next steps with us, please email Julie@RecalibratedLiving.com and she will guide the way.

See ya soon,

Julie Ann