

# TRANSFORMU



## LIFE CLARITY ASSESSMENT

[TransformUniversity.net](https://TransformUniversity.net)



Hello, I'm Rita. Thank you for downloading this Life Clarity Assessment. I know the frustrations you experience as an entrepreneur: facing feelings of loneliness, self-doubt, and overwhelm.

The good news is, your life is about to get better.

I've been where you are. That's why I created this Life Clarity Assessment for you; to help you overcome the daunting challenges you face so you can create the life you have envisioned.

My mission is very simple - I want to help you get:

- Clarity on where you are
- Create a crystal clear vision of where you want to be
- Identify and conquer the obstacles in your way
- Uncover and replace mindsets holding you back
- Create systems for your ongoing success

Please feel free to schedule an inquiry call with me if you have any questions at all. I'm here for you.

**Schedule Your Inquiry Call Here**

Let's Stay Connected

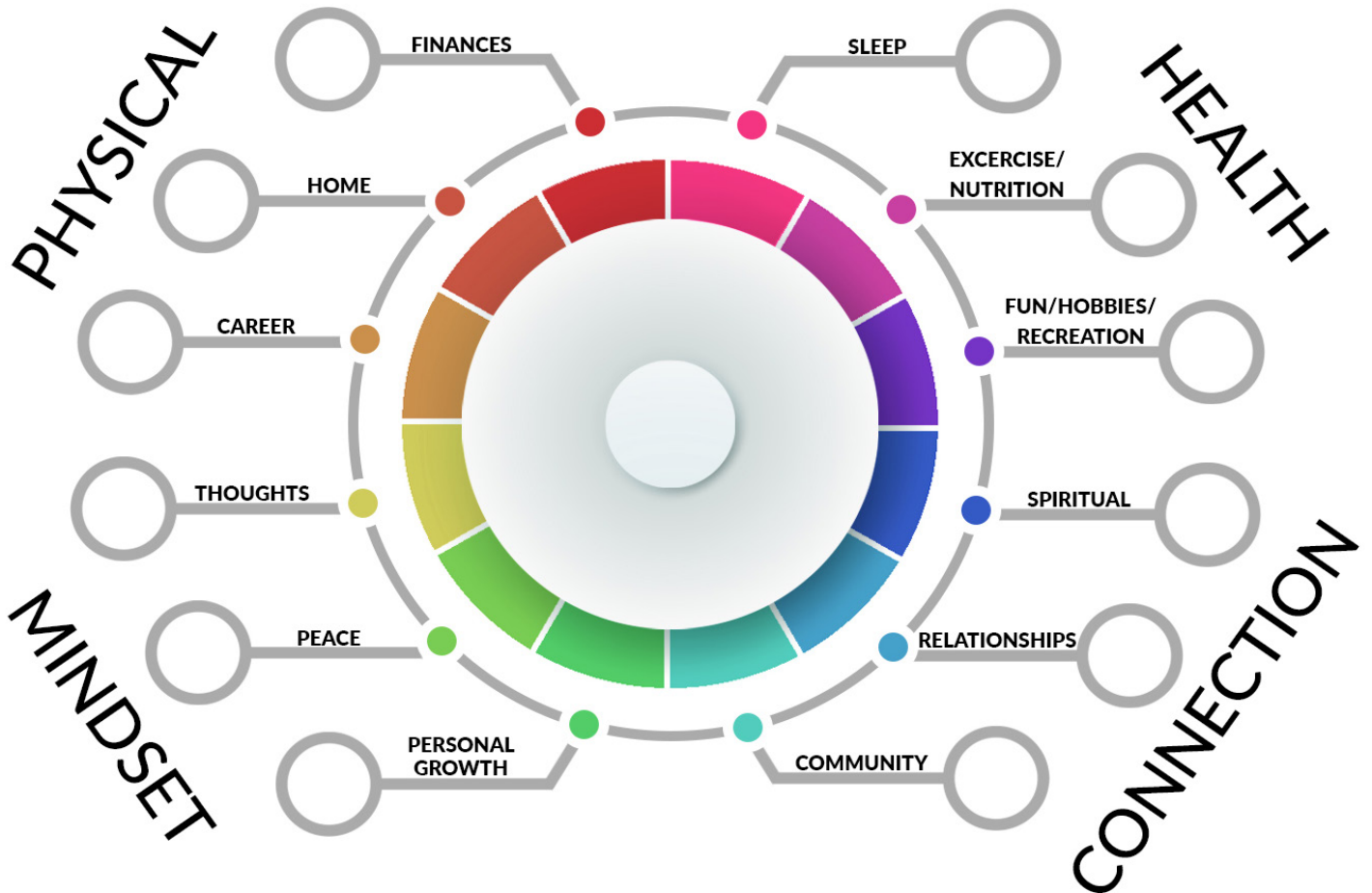


Rita Hudgens

CEO/Founder - Transform University

# LIFE CLARITY ASSESSMENT

## KEY LIFE AREAS



The 12 Sections in the Wheel of Life represent balance. Think about what living a life of significance feels like in each area. Rank the center of the wheel as 0 and the outer edge as 10. Assign a value of satisfaction to each section with 10 being the most satisfied and 0 being the least satisfied. Draw a curved line to create a new outer edge. This new perimeter of the circle is a snapshot of your life right now. Look at the areas you want to improve your level of satisfaction. Use the questions on the following page to help you.



## WHEEL OF LIFE INSTRUCTIONS

This assessment is intended to both measure your level of satisfaction in each area of your life as well as to help you clarify your priorities for goal-setting. The wheel contains twelve sections that together gives you a view of your whole life.

Read each section and ponder the questions. Rank the center of the wheel as 0 and the outer edge as 10. Assign a value of satisfaction to each section with 10 being the most satisfied and 0 being the least satisfied. Draw a curved line to create a new outer edge. This new perimeter of the circle is a snapshot of your life right now. Look at the areas you want to improve your level of satisfaction and start a goal setting program to do so.

## PHYSICAL

### 1. CAREER

Your career should give you a sense of fulfillment. How congruent is your current career path with your top values? On a scale of 1-10, how much do you enjoy your current career? What excites you the most about what you're doing?

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### 2. HOME

Your physical environment should be life-giving and energize you. Describe the energy of your home- is it giving you energy or draining your energy? What could you do to simplify or declutter things? What are you tolerating in your home environment that may be draining your energy?

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### 3. FINANCES

Your finances should support you throughout your entire life. How responsible are you with the finances and resources available to you? Where would you like to be financially 10 years from now? If you have any debt, what is your plan to reduce it? Are you regularly contributing to a savings or retirement account?

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## HEALTH

### 4. SLEEP

Getting quality sleep is a crucial step to physical, mental, and emotional health and well-being. How many hours of sleep do you get on a regular basis? How restful is your sleep? Do you wake up feeling rested and energized or tired and dragging?

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### 5. EXERCISE/NUTRITION

Regular exercise and good nutrition are important pieces to leading a healthy lifestyle. How strong and healthy is your body? What is your vitality level like? How nutritious is your diet? How much sugar and processed foods do you eat?

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### 6. FUN/HOBBIES/RECREATION

Hobbies and recreation should be rewarding and fun. What do you do for fun to chill out? What puts wind back in your sails? Do you have hobbies or recreational activities to help you release stress?

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# CONNECTION

## 7. SPIRITUAL

Building a strong spiritual foundation helps you create not only life balance but also a life of significance. What makes you feel fully alive? What are some of your heart-felt prayers? Where does your happiness come from?

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## 8. RELATIONSHIPS

We are hard-wired for connection. No one ever does anything great alone. Do you have strong connections with your friends and co-workers? Who is in your inner circle: romantically, family, friends and spiritually?

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## 9. COMMUNITY

A community provides support to individuals constantly bombarded by stress and the chaos of life. Do you have a community of people that you interact with? Do you provide value to the lives of others and receive value from your community? Are your values aligned with your community?

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# MINDSET

## 10. PERSONAL GROWTH

Personal Development is the foundation for a life of success and significance. Describe your mindset. How are you living out your purpose in life? Would you say you have a fixed or a growth mindset? What are you doing to make the world a better place?

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## 11. PEACE

Peace of Mind offers so many benefits: more patience, less stress, freedom, and inner happiness just to name a few. Have you made amends with anyone you need to? Can you describe peace to someone? Are you holding on to bitterness or resentment?

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## 12. THOUGHTS

A positive mindset is the best foundation for optimal health. Thoughts drive behavior and determine your quality of life. How healthy are your thoughts? How often do you find yourself ruminating or worrying? What positive self-talk do you say to yourself daily?

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# DIGGING DEEPER

1. List any insights you discovered from the Life Clarity Assessment.

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2. How do you feel about your life as you look at your Wheel?

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3. What do you need to do to create more balance in certain areas of your life?

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4. How would you like to spend time in these areas?

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5. Which of these elements would you most like to improve?

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6. How could you make space for these changes?

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7. Can you make the necessary changes on your own?

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8. What help and cooperation from others might you need?

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9. What would make that a score of 10?

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10. What would a score of 10 look like?

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Schedule Your Inquiry  
Call Here

**TRANSFORMU**

When put together the Wheel of Life creates a view of a balanced life for you. Hopefully by completing this exercise, you have a little more clarity for setting goals and your life is closer to becoming more balanced. If you have any questions or would like more information on creating balance, please feel free to contact me.