



**PURPOSE:** To obtain a visual picture of where you feel your life is right now, so that you can include changes in your life plan, feel more fulfilled, or just bring more enthusiasm into your life.

**OTHER:** Some of my clients also use this assessment when they're feeling "out of kilter" on a given day or week, too. Use it to YOUR best advantage.

**DIRECTIONS:** Using the eight columns, indicate where "you" are by placing an "X" in the appropriate box. 1 = you're the least happy 10= you're the most joyful about. Then "connect the marks you made" to get a visual picture of where you are now.

10								
9								
8								
7								
6								
5								
4								
3								
2								
1								
	<b>Personal Growth</b>	<b>Religious/Spiritual Growth</b>	<b>Relationships Family, Romance, Friends</b>	<b>Career &amp; Business</b>	<b>Finance &amp; Money</b>	<b>Play &amp; Recreation</b>	<b>Health &amp; Fitness</b>	<b>Physical Environment</b>



**PURPOSE:** To obtain a visual picture of where your life is right now.

**DIRECTIONS:** Using the eight columns indicate how many hours a day you spend in each area. Then total each area for the number of hours a week you spend in each area.

Sun								
Mon								
Tues								
Wed								
Thurs								
Fri								
Sat								
TTL								
	<b>Personal Growth</b>	<b>Religious/ Spiritual Growth</b>	<b>Relationships Family, Romance, Friends</b>	<b>Career &amp; Business</b>	<b>Finance &amp; Money</b>	<b>Play &amp; Recreation</b>	<b>Health &amp; Fitness</b>	<b>Physical Environment</b>



PURPOSE: To help you see where changes are necessary to get your enthusiasm back and get back in touch with “you”.

8								
7								
6								
5								
4								
3								
2								
1								
	<b>Personal Growth</b>	<b>Religious/Spiritual Growth</b>	<b>Relationships Family, Romance, Friends</b>	<b>Career &amp; Business</b>	<b>Finance &amp; Money</b>	<b>Play &amp; Recreation</b>	<b>Health &amp; Fitness</b>	<b>Physical Environment</b>

DIRECTIONS: Rate these areas from 1-8; 1 being the least important and 8 the most valuable.

By now you should be noticing how your life is out of sic with your values and what you’ve determined what’s important to you. It’s time to create your Life Plan and change your schedule. Become the “Queen or King” of your life! And create a career or business around servicing you (and not the other way around!)



### Coaching & Speaking Topics Include:

Maria advises, coaches, and speaks to CEOs, business owners, and executives seeking to maximize their bottom line and enjoy more free time. Topics include:

- Work/Life Full-Fillment
- Letting Go to Grow
- Strategic Planning
- Exit Planning & Succession
- Ideal Client Profile/Niches
- Performance Management
- Process Improvement
- Leadership Development
- Pricing & Profit Strategies
- Strategic Speaking
- Power Alliances
- Networking/Social Networking
- Ecommerce Strategies
- Tips/Tactics on NYC Travel

### About Maria:

**An irrepresible entrepreneur, Maria Marsala** sold AVON at age 14 and landed on Wall Street three years later. Fiercely determined and keenly insightful, Maria became a bond trader when female executives were as rare as pink diamonds. For 25 years, Maria streamlined Fortune 500 departments with integrity, nurtured non-profits, and discovered her niche—mentoring remarkable women CEOs and executives. In 1998, Maria created Elevating Your Business, a company dedicated to helping women get a life and a future from their businesses by providing accountability, tools, and a (gentle) kick in the a\$\$ when needed. Is your business serving your life and your dreams? Contact Maria today and take the first step toward freedom, fulfillment, and a sparkling quality of life!

