



# Welcome to Your ARISE Self-Evaluation



Created by April and Eric Perry from LearnDoBecome.com

This is your opportunity for some powerful reflection! We invite you to take 5-10 minutes to review the questions below, and then evaluate your current reality on a scale of 1-5. (1 = Needs Improvement, 3 = Middle of the Road, 5 = Doing Pretty Well!)

The purpose of this evaluation is to help your mind create a picture of what is possible for you, give you a chance to celebrate your wins, and see where you might want to make some changes. (And even if you rate yourself with low "scores," remember that this isn't evaluating you as a person. It's simply enabling you to identify areas of your life that could use some extra support.)

We encourage you to take a few moments to reflect on any new insights, thoughts, ideas, or dreams that came to mind during this self-evaluation. You can use a paper and pencil, your favorite note-taking app, or the space provided at the end of this PDF.



## Create a calm, organized, uplifting environment

- Do I have a system that works for me to manage the projects, tasks, papers, digital communication, and all of the "things" on my plate?

1 2 3 4 5

- Do I have adequate space (physical/mental/emotional) to pursue my purpose and goals?

1 2 3 4 5

- Do I feel joyful, focused, and energized as I move throughout my physical environments?

1 2 3 4 5





## Increase your mental and physical health and well-being

- Does my mind have the ability to focus on the ideas, thoughts, and plans that will move me in an optimal direction?

1 2 3 4 5

- Do I have effective routines in place to support my physical health (nutrition, hydration, exercise, sleep, breathing, etc.)?

1 2 3 4 5

- Do I feel confident and happy when I think about the current state of my personal well-being?

1 2 3 4 5



## Build a strong, happy family and healthy relationships

- Do I generally get along with the people in my life--navigating the ups and downs with ease and optimism?

1 2 3 4 5

- Do I spend a sufficient amount of time nurturing the most important relationships in my life?

1 2 3 4 5

- Do I feel that the investments I make into my current relationships (family, friends, co-workers, etc.) lift me?

1 2 3 4 5





## Achieve financial security so you can be in a position to give back

- Do I feel interested in and committed to doing the things needed to move forward financially, even if it's uncomfortable?

1 2 3 4 5

- Do I have the understanding and skills to manage and increase my financial resources?

1 2 3 4 5

- Do I feel peaceful and in control when I think about my present financial situation?

1 2 3 4 5



## Draw closer to your Higher Power

- Do I have clarity on what a Higher Power means to me--and what benefit I can draw from that power?

1 2 3 4 5

- Do I make time for regular connection with my Higher Power?

1 2 3 4 5

- Do I feel strengthened, encouraged, and empowered as a result of the efforts I am currently making?

1 2 3 4 5





## Discover and live your unique purpose

- Do I have a clear understanding of my personal values and purpose?

1 2 3 4 5

- Do I spend sufficient time in my daily/weekly life dedicated to those purposes?

1 2 3 4 5

- Do I feel excited and focused when I arise each morning?

1 2 3 4 5

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Once you've completed this Self-Evaluation, we encourage you to take some time to reflect on your answers and write down any new insights.

These insights might include where your strengths lie, what concerns or "gaps" exist in your life, and some initial ideas on what could be done to close those gaps and move more in the directions you want.

We've included some space for you to record your thoughts, if you'd like to print these pages, and we hope that you will feel encouraged--knowing that everyone has gaps/areas of improvement, and everyone has strengths. We also have 6 links below with related content if you would like to go deeper.

If you do find that you'd like to improve your skills in these areas and/or join with like-minded people in our ARISE community, please stay connected with us!

[LearnDoBecome.com/Connect](https://LearnDoBecome.com/Connect)



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# Helpful Links



Create a calm, organized, uplifting environment

[Free Class: How to Finally Stop Drowning in Piles](#)



Increase your mental and physical health and well-being

[Podcast: How to \(Seriously\) Fix Anxiety, Depression, and Relationships - With Dr. David Burns](#)



Build a strong, happy family and healthy relationships

[Article: How to Make Home a Sanctuary](#)



Achieve financial security so you can be in a position to give back

[Suggestions put together in our free Facebook Group](#)



Draw closer to your Higher Power

[Article: Help Is Closer than You Think](#)



Discover and live your unique purpose

[Post shared in our free Facebook Group](#)



**This space is to record what you learned, what you might want to change, your reflections, or anything else that comes to mind to support your growth!**

Did you enjoy this evaluation? These types of exercises can be found inside our ARISE membership, where we focus on a new topic every month! The ARISE community and accompanying resources provide encouragement, high-level coaching, and solutions in a way that feels doable!

Because you received this assessment, you are already on our interest list. Watch your email for more information!



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