

## Reality Check Worksheet

*Check out the following 10 areas. Pick the top 3 that offer the most room for improvement at this moment. What do you need to do to improve in each of these 3 areas? Where and how do you need to grow?*

1. Self-sabotage (“It can wait until tomorrow.” “I’m too busy.” “I was good yesterday so I can be bad today.”)
2. Relationships (how does your spouse/partner treat you? your parents? your boss? your friends?)
3. Career/work (do you feel good about your job?)
4. Access to growthful/educational activities (do you have access to grow and challenge yourself?)
5. Childhood and Past traumas (did you learn unhealthy methods of relating to your body as a kid? Do you need to heal?)
6. Stressors (have you experienced a death in family, relocation, a new baby, an unpleasant living situation, career change, etc?)
7. Physical Health (do you have thyroid issues, hormonal imbalances, other illnesses? How do you manage your physical health?)
8. Emotional Health (do you suffer from depression, anxiety, sleep disturbances, etc? How do you take care of your emotional health?)
9. Social network (do you surround yourself with people who struggle with similar issues? Supportive friends? People who inspire you?)
10. Self-talk (do you have a tape playing in your mind that tells you that you’re not good enough? Do you root for yourself and serve as your own cheerleader?)