

Inner Goddess Brilliance Assessment

This exercise is meant to gently show you where you may need a little extra work or balance to see the results you crave. I invite you to pick one area to start with and choose 3 things that you can begin to implement today.

For example, if you choose your body:

- Maybe it's time to do a cleanse, drink more water and find an activity you love to do regularly.
- Perhaps you have a family vacation coming up and you'd like to rock a new swimsuit.
- Maybe you have a pair of jeans tucked away in your closet that you'd love to wear, comfortably, and show off your assets.
- It could be that you'd like to just have more energy and feel better in your own skin.
- Or, maybe you'd like to set a great example for your daughters.



Whatever your “why” is, by taking action steps each and every day, your life will begin to change and your foundation will be strong to support and uplift you to tackle any challenges head on.

When you make YOU a priority, your life will begin to immediately change to support your new choices.

With Love and Brilliance,

Shauna

My Body:

(Check only those that *consistently* apply to you)

- I get seven to eight hours of uninterrupted sleep each night in a dark room
- I drink eight to ten glasses of pure water each day
- I have orgasms regularly
- I nurture my body with massages, facials or other treatments
- I express my anger in a healthy way
- I do resistance training, cardio or other movement my body enjoys
3+ times per week
- I have a spiritual practice
- I supplement my diet with vitamins and minerals
- I am comfortable in the skin I'm in
- I am connected with my body and can intuitively feel when something is "off"
- I have regular checkups - eyes, teeth, yearly physicals...
- My weight is in the ideal range and rarely fluctuates
- I truly accept my body exactly the way it is
- I know when my body needs rest and quiet time
- I enjoy eating organic, rich, nutritious foods

TOTAL CHECKED: _____

My Mind:

(Check only those that *consistently* apply to you)

- I am aware of the negative voices in my head
- I understand that my thoughts create my beliefs, and my beliefs create my reality
- I never berate or belittle myself
- I am always present in the moment
- I stop myself when I begin to replay an argument or negative experience in my mind
- I visualize my success
- I immediately stop myself from reacting when I feel triggers
- I am never controlling
- My mind is clear and sharp
- I like who I see in the mirror
- I focus on the best in myself and others
- I listen well and do not interrupt
- I felt loveable, special, talented, attractive and popular while growing up
- I rarely feel overwhelmed, frustrated or unfocused
- I fill my mind with power words and incant them throughout the day

TOTAL CHECKED: _____

My Spirit:

(Check only those that *consistently* apply to you)

- I believe in a power greater than myself
- I know the universe has my back
- I laugh easily
- While growing up, my parents urged me to speak my mind, follow my heart, and trust my instincts
- I embrace life as wonderfully exciting adventure
- I grew up feeling loved unconditionally
- I live my life on my terms
- I know I am divine
- I trust in myself to take care of myself, always
- I speak my truth even if no one else gets it or likes it
- I honor my needs
- I am unstoppable
- I treat others, including animals, with dignity and respect
- I easily make up my mind and rarely give it a second thought
- I ask for help when I need it

TOTAL CHECKED: _____

Now, add all 3 sections together for your final total.

My Body Total ____ + My Mind Total ____ + My Spirit Total ____ = ____

Thank You!

Thank you for giving yourself this gift of new awareness!

A new way of being is only a thought away! It takes great courage to acknowledge and admit to ourselves that things are not where we'd like them to be.

Select ONE area - body, mind or spirit - to start working with and come up with 3 things you'd like to change, add or let go of.

Area to focus on: _____

Start Date: _____

Date to Revisit: _____

1. _____

2. _____

3. _____

How amazing will you feel when you see those results or begin to nurture yourself more?

Once you begin to feel a shift or change in your energy in your area of focus, you can check in and see if you'd like to continue, adjust or pick something else to work on.

Thank You!

Extra Support

If the idea of cleansing your body, silencing your negative mind chatter or connecting with your spirit feels overwhelming, please don't hesitate to ask for help.

Not sure where to begin? I invite you to book a complimentary 30 minute discovery session with me and I can offer insight and a game plan to assist you with your dreams.

I offer Individual Power Sessions where we work on one area and you come away with 3 action steps. I also offer VIP days that are customized to you, what you would most like to shift, change and heal. And, for those of you who are ready for even more, I offer monthly coaching programs where we fully Awaken Your Inner Goddess and empower you to live a life you love.

You are not alone with any of the changes you'd like to make and by reaching out for help, you are one step closer to achieving your dreams and making your happiness and fulfillment a top priority in your life!

Visit my website for more information: www.sh aunachandler.com

With Love and Brilliance,

Shauna

Think about how Magnificent, Beautiful, Awesome, and Powerful you are!

Know it. Feel it. Believe it.

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