



**Conscious Activation™**  
*Transform Your Thinking*

# SCIENCE OF THINKING™

**Workbook**  
**LIFE**  
**ASSESSMENT**  
**EXERCISE**

**[www.ConsciousActivation.com](http://www.ConsciousActivation.com)**

## 1. ASSESSMENT EXERCISE

It is nearly impossible to create a plan for your future without having a clear understanding of where you are today. You need to evaluate and understand your life - what is working and where there is room for improvement. You may be unhappy with where you are in your life right now, but I encourage you to view wherever you are, as just the starting point on your road to Conscious Activation. All of the exercises in this Workbook, and the Science of Communication and Behavior Workbooks, are designed to guide you through the process of shifting your thoughts, emotions, communication and behavior so you see significant improvements in all of these areas of your life.

In the following Assessment, please rate the identified areas of your life on a scale from 1-5 (1 is the worst or least fulfilling and 5 is the best or most fulfilling). If there are any categories that are irrelevant in your life, simply skip them. Please feel free to add any new areas you would like to improve upon. Determine your Total Score by adding up all of your individual scores in the categories that are relevant to you. Then determine your Total Possible Score by adding together a score of 5 for all relevant categories. I have included a Sample Assessment for your review.

Once you have completed your Assessment, please move onto your Assessment Worksheet to evaluate your results. Enter your Total Score and Total Possible Score from your Assessment. Next divide your Total Score by the Total Possible Score. Then multiply that number by 100 to get your Improvement Goal (the percent of improvement you will need in order to achieve 100% of your ideal life). I have included a Sample Assessment Worksheet for your review based upon the Sample Assessment I mentioned earlier.

Whatever your score is, celebrate. Because you are on your way up and have taken a huge step down your path to your best future life.

You can re-take this same assessment as you move forward. It will provide a measurable way for you to evaluate your ongoing progress in creating your ideal future. It will provide a strong foundation for you to celebrate your successes as you move through the Conscious Activation courses and their respective exercises, and as you continue along your path into the future.



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## ASSESSMENT EXERCISE

AREA OF YOUR LIFE	YOUR SCORE (1-5)	TOTAL POSSIBLE SCORE
<b>OVERALL FAMILY LIFE</b>		
Romantic Life		
Children		
Extended Family		
<b>OVERALL WORK LIFE</b>		
Relationship with Boss		
Relationships with Co-Workers		
How Much You Love Your Job		
<b>OVERALL SOCIAL LIFE</b>		
Friends		
Activities		
<b>OVERALL FINANCIAL WELLBEING</b>		
Security		
Lifestyle		
Recreational Fun		
<b>OVERALL EMOTIONAL HEALTH</b>		
Anxiety		
Depression		
<b>OVERALL HEALTH AND WELLNESS</b>		
Weight		
Diet		
Workouts		
<b>OVERALL HAPPINESS IN LIFE</b>		
<b>OVERALL SENSE OF FULFILLMENT</b>		
<b>OVERALL PRODUCTIVITY</b>		
<b>OVERALL SUCCESS</b>		
<b>OVERALL SPIRITUALITY</b>		
<b>TOTALS</b>		



## SAMPLE ASSESSMENT EXERCISE

AREA OF YOUR LIFE	YOUR SCORE	TOTAL POSSIBLE SCORE
<b>OVERALL FAMILY LIFE</b>	4	5
Romantic Life	1	5
Children	4	5
Extended Family	5	5
<b>OVERALL WORK LIFE</b>	5	5
Relationship with Boss	5	5
Relationships with Co-Workers	5	5
How Much You Love Your Job	5	5
<b>OVERALL SOCIAL LIFE</b>	2	5
Friends	2	5
Activities	1	5
<b>OVERALL FINANCIAL WELLBEING</b>	3	5
Security	3	5
Lifestyle	4	5
Recreational Fun	1	5
<b>OVERALL EMOTIONAL HEALTH</b>	5	5
Anxiety	x	x
Depression	x	x
<b>OVERALLL HEALTH AND WELLNESS</b>	3	5
Weight	4	5
Diet	4	5
Workouts	2	5
<b>OVERALL HAPPINESS IN LIFE</b>	4	5
<b>OVERALL SENSE OF FULFILLMENT</b>	4	5
<b>OVERALL PRODUCTIVITY</b>	5	5
<b>OVERALL SUCCESS</b>	4	5
<b>OVERALL SPIRITUALITY</b>	5	5
<b>TOTALS</b>	90	125



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## **ASSESSMENT WORKSHEET**

<b>YOUR TOTAL SCORE</b>		
<b>TOTAL POSSIBLE SCORE</b>		
<b>DIVIDE YOUR SCORE BY THE TOTAL POSSIBLE SCORE</b>		
<b>MULTIPLY THE LAST NUMBER ABOVE BY 100</b>		
<b>IMPROVEMENT GOAL</b>		



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## **SAMPLE ASSESSMENT WORKSHEET**

<b>YOUR TOTAL SCORE</b>		90
<b>TOTAL POSSIBLE SCORE</b>		$26 \times 5 = 125$
<b>DIVIDE YOUR SCORE BY THE TOTAL POSSIBLE SCORE</b>		$90/125 = .72$
<b>MULTIPLY THE LAST NUMBER ABOVE BY 100</b>		$.72 \times 100 = 72\%$
<b>IMPROVEMENT GOAL</b>		$100\% - 72\% = 28\%$