








ProgressProfile

Name:

Date:

Category	Rate Feeling 10-0	How I Want To Feel	Priority 1-5	Release/ Let Go	Expand/ Improve
Career 					
Relationships 					
Finances 					
Health 					
Spirituality 					

1. Focus on your feelings. Close your eyes, take a deep breath and rate your feeling about each category in your life. 10 is your peak state
2. Now take some time for each category, focusing in on your feelings and writing and/or drawing how you really want to feel
3. Set the priority on each category. 1 being highest priority. Which category will give you the most leverage to help you feel your best
4. List something, somebody, a mindset, etc. that is not serving you in your priority category that you release today.
5. When we take something away, we want to add back something new or expand to fill that space. List your action here.

Our time together will see you move towards 10s in each category. We feel you deserve to experience more flow and joy.

