



Deberah Bringelson's Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*



Life and Career Assessment

Before starting our journey and deciding where we want to go, we need to first understand where we are. For many people, their job or career is one piece of their life. They go to work to earn money so that they can live. Whether living to them means paying the bills and buying food to eat or something to keep them occupied during the day. Work is work. Life is life. But what if your life's work could be your play? What if it was something that you do for the pure pleasure of sharing your gifts and talents with the world? And, oh by the way, you also earn that income to not only pay the bills and buy groceries, but also to enjoy your life here on beautiful planet earth. So, while the purpose of this program is to reset your money, success, and life, FUN, PEACE, FREEDOM, and ENJOYMENT are all important parts of your entire life. So, let's take a look at where you are.

Life Assessment Exercise

Yes, I know you've probably done some version of this before but humor me. 😊 The wheel of life is a wonderful tool to assess where you are in your life and where you want to grow. Like a tire on a car, the wheel of your life should be balanced and all tires fully inflated so that you can easily move forward.

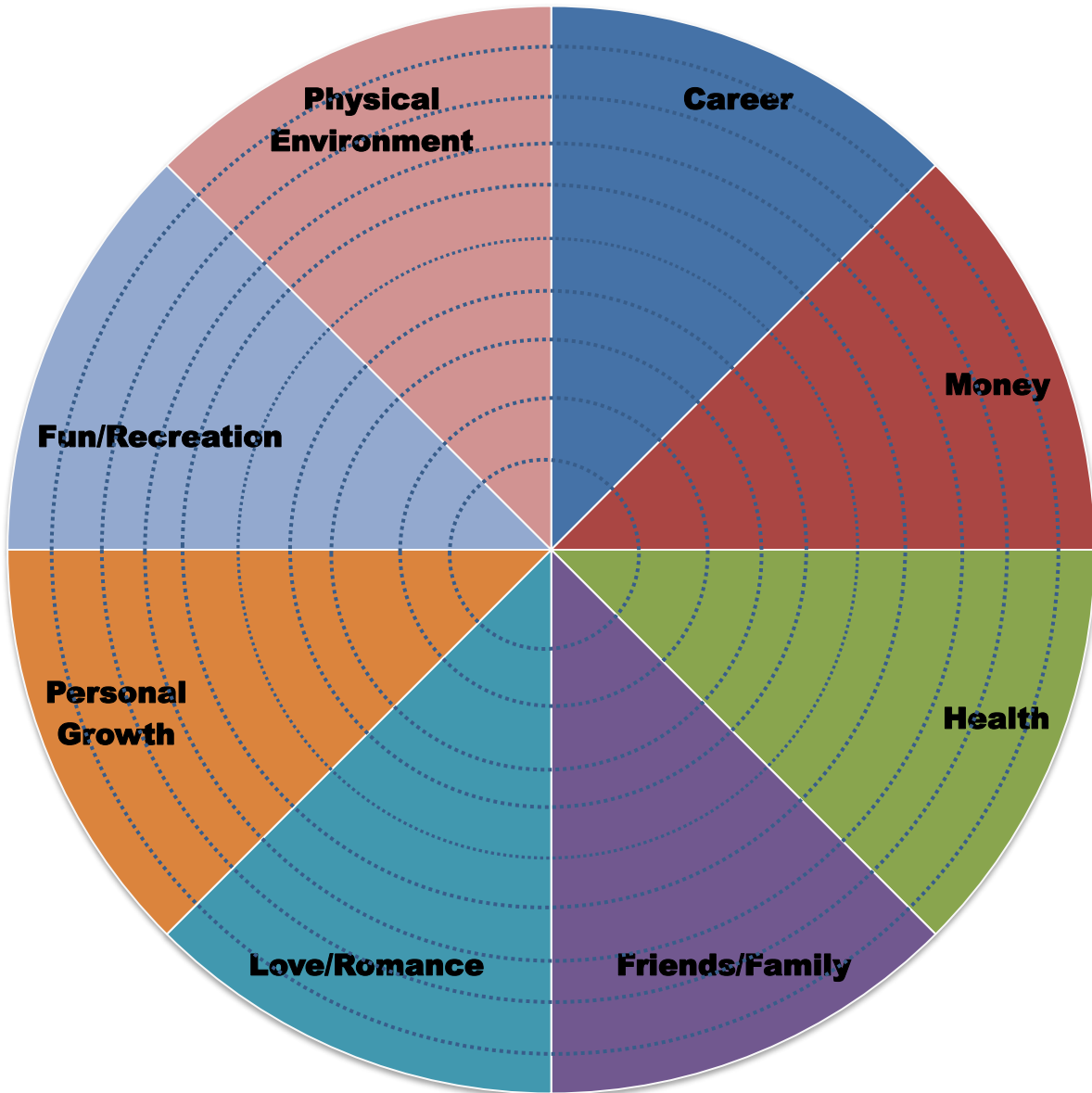
The wheel consists of 8 key areas of your life. There are also 10 circles on the wheel. The outer circle represents 10, counting down to the inner most circle, which is 1. One by one, consider each of the 8 areas of your life. For each area, rate your beliefs about your current state of wellbeing for that particular area.

***Remember – beliefs are a big part of your point of power. They are often hidden or deeply buried. And when they are, they can get you way off track and you don't even know they're doing it.**

Example: If you are in fabulous health, eat well-balanced nutritious meals, are your ideal weight, get regular exercise and meditate regularly or other stress reduction techniques, you would rate your health as a 10. You would mark the Health spoke at the outer-most circle with a dot.

Continue through the other 7 life areas, marking each on its respective spoke at the number that you best believe reflects your current state of well-being for that area. When you are finished, go around the circle, connecting the dots, from one spoke to the next. When you finish, you will have re-created your personal wheel of life. Is it smooth and round? Will the wheel of your life take you smoothly where you want to go? Or are some areas of your life a 10 and some a 1?

Quantum Success Academy Wheel of Life Assessment



**Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending.**
- Carl Bard

Creating The Life You Want

One of the great things about this exercise is that it now gives you a clear assessment of which areas of your life might need a little attention. It is not an exercise to assess all of the places you need to beat up on and criticize yourself!

Now take the 3 areas that you believe deserve the most attention. Usually these are the 3 lowest scoring categories or at least those near the bottom.

1. _____ 2. _____ 3. _____

Spend 5 minutes contemplating each category one at a time. For category 1, what would it take to increase your score 2 points?

Make it fun. Dream a little... or a lot. Play with it. No "I can't". One thing that you will learn is that nothing is impossible.

Here are some examples of real results:

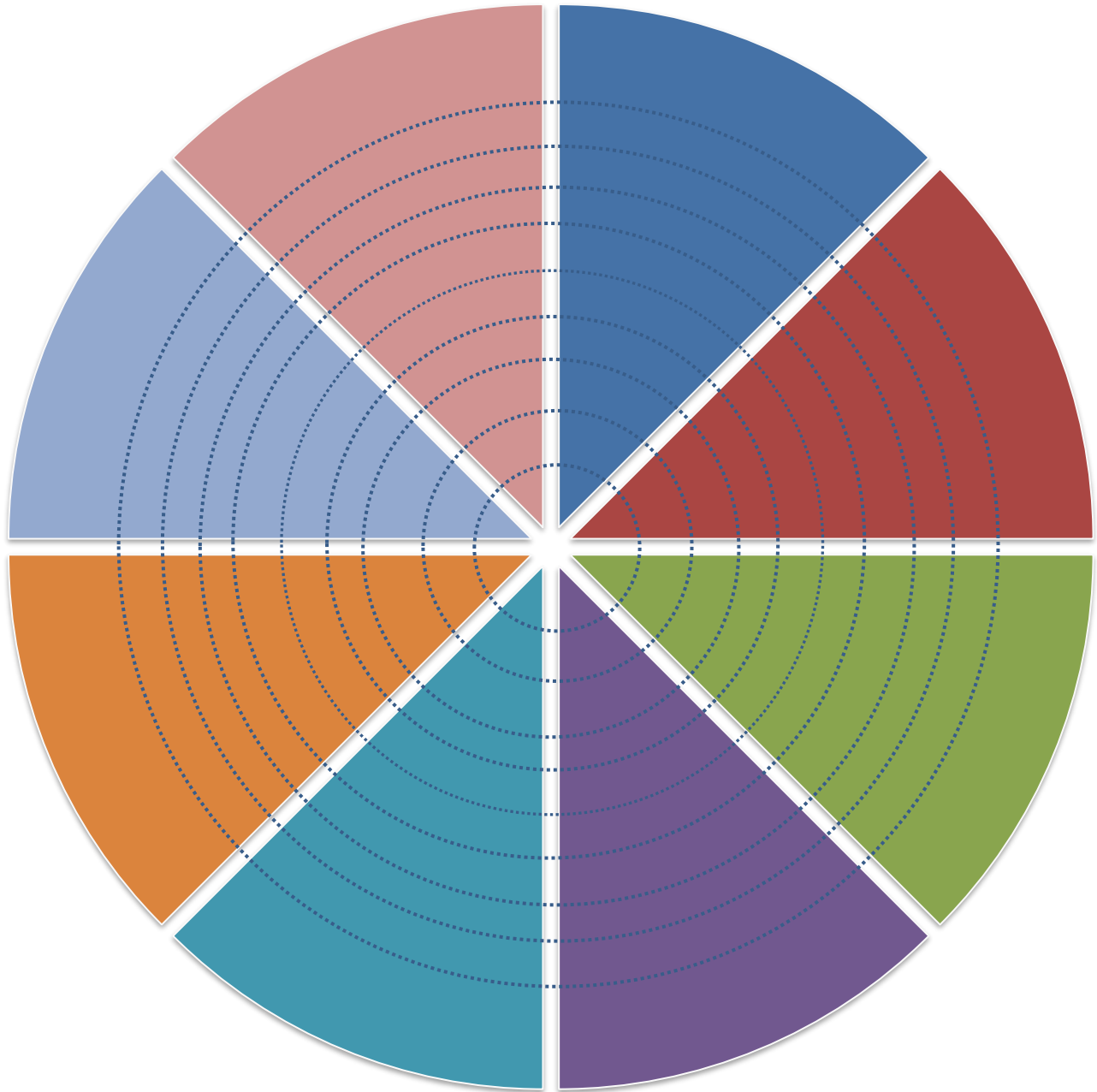
- \$0 to \$298 Million in 8 days
 - \$0 to \$67 Million in 5 weeks
 - More money in 1 sale than in entire previous year
- ... and the list goes on.

Here are some examples to get you started. Obviously your categories and your action items should be appropriate to you.

Health	Money	Business
I will eliminate all sugar from my diet within 1 month	Before making any purchase that isn't a fruit or vegetable, I will stop, walk away and think – do I love it? Will I love it in 5 years? Does it add real value to my life?	Every day I will discover 1 new way to increase my value, so that I can bring on one new client or create additional products of value
I will eliminate 1 cigarette a day for 2 months until I no longer smoke	By Friday, I will come up with 5 ideas for increasing my income and research how to make them happen.	Within 1 month, I will research the pain that my ideal prospects are experiencing (what is keeping them up at night.)
I will eat one vegetable at each meal	I will put \$20 in my savings account each week and I will commit to only spend those funds on a something that is an investment in my future and my success unless it is a true emergency.	Every day I will find one new potential partner or opportunity to grow my business.

Now, let's look at where we are in our career. How does what you are currently doing fit with your special talents and skills? How does it fit in with your life? This blank wheel is provided so that you can specifically assess your life's work and career. You may want to assess things like: enjoyment in your career/job, education, fully utilizing your unique talents/skills, working well with co-workers, leadership abilities, career satisfaction, income satisfaction, etc. Please complete this wheel before moving on. Label each of the sections with values that are important to you and rate them the same way you rated each section on the Life Assessment Wheel.

Career Assessment



Spend an adequate amount of time doing both the Wheel of Life and the Career Assessment Wheel. We will be using both of these wheels in future exercises, so it is important that you really know where you are right now. That will help us create a map for your future!