

THE ULTIMATE GUIDE OF **SELF-REFLECTION**

BY CARRIE LECUYER



Inspired

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HELLO! I'M CARRIE

I am a Certified Career Development Practitioner and Life COACH - dedicated to helping YOU create a life that YOU can truly love. My mission is to inspire YOU, help YOU to dream and commit to your goals. I love to get at your MINDSET and simply show you how you CAN show up for your life and live the joy YOU desire and dream of.

This Ultimate Guide of Self-Reflection is a resource full of tools that I have used on myself over the years and with many clients to reach a bigger version of themselves.

It will help you find the clarity you need to start creating a life you want to jump out of bed for each and every morning. Let your journey begin!

BE INSPIRED.

Yours Truly,

Carrie

RECONNECT WITH WHAT MAKES YOUR LIFE MEANINGFUL



EVERYTHING YOUR WANT IS 100% DOABLE

It is time to break out the foundations for living your best life and

SELF-AWARENESS IS KEY.

*You get what you want
by doing the work, period.*

The work is not easy, but I'm guessing if you are reading this you feel that an area or two of life hasn't been very easy in the last while.

LET'S BE RESPONSIBLE AND ACCOUNTABLE FOR A FEW MINUTES.

Please honour your feelings. Do not ignore them.

3 WAYS TO GET THE MOST FROM THIS WORKBOOK

- 1.** Print this workbook and use it in a quiet setting with no distractions for about 30 minutes. Honor you and your time. This is the first step in allowing yourself to create the life you want. It's all about Self-Relection.
- 2.** Allow yourself to freely write down all answers honestly. Here is a tip! You can write it all down and hide this guide or rip it up a the end but do the work first, sometimes that is the best way to start healing and freeing your soul.
- 3.** If you have ONE question you would like me to answer as you go through this workbook. You can ask me anytime, just send me a personal message to: contact@inspiredbycarrie.com and in the SUBJECT LINE: (TYPE) ULTIMATE GUIDE QUESTION.

It's never too late to refocus your efforts in building or re-building your life or business. Your efforts can pay off quickly when you write things down, clear things out and refocus. I am here to support and guide you. Know that I have been through all the work myself over the last 20 years of adulting, career, marriage and parenting. I honor your time here while you explore your souls calling and hearts desires.

Rate each of the following questions and chart on a scale from 0 to 10:
 0 = No satisfaction and 10 = complete satisfaction.

HOW WELL DO I LIKE MYSELF?

Please add any areas that are important to you at this time in your life.

Rate 0 to 10	0: No Satisfaction 10: Complete Satisfaction
	Life Purpose
	Vision
	Quality of Life
	Communication Skills
	Business/Career/Work
	Physical Health
	Mental
	Self-Care
	Emotional Health
	Spiritual Growth
	Personal Growth & Development
	Partner Relationship
	Family Relationships
	Social Relationships (Friends/Community/Neighbors)
	Income Now
	Money Management
	Hobbies & Creativity

Go through the list above again with a different color of pen and put a number beside each one where you would realistically like to be in one year from now. You may leave an area the same because you are content with the number and want to focus on other areas and that is perfectly ok.

Select your top three areas of dissatisfaction right now and write them below:

- 1.
- 2.
- 3.

Select from the whole list the three areas you REALLY want to improve?

- 1.
- 2.
- 3.

From the above three points, what is one area that you truly want to improve?

What are the Goals, Dreams, Wishes or Desires you have from improving this area in your life?

What would it give you?

What do you want to do to improve that area?

What do you want to have by focusing on that area?

What are 3 things that you would like to do or have accomplished one year from now?

Who/what inspires you?

How do you feel about accountability?

How would you feel about focusing on that one area of life by focusing solely on that for one year and letting other stuff go?

On a scale of 0 to 100 how old are you?

0-----100

On a scale of 0 to 100 how long do you expect to live?

0-----100

Look at all the life you have left to live!!!

How would it make you feel to live the rest of your life creating happiness and doing the things you love again? Living your purpose, creating growth, creating happiness!

On a scale of 0 to 10 how ready are you to start taking action?

0-----10

What is your biggest takeaway from these questions?

What is one action step you can do today to move towards creating the life you desire?

What is another action step you can do this week that will move you towards the life you desire?

What is the one thing that might get in your way of your action step?

Is it a excuse for is it fear?

Something to think about!

My friend, I am proud of you!

If YOU have not done any personal development or reflection in the past year or ever, you just did it.

This is just one process of many I take my clients through. If you really want results, if you are really ready to invest in the person you truly want to be send me a message. I would love to work with you! We can take all this you just did and create a road map in your life or business and get you excited about life again!

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