

Bi-Annual Up-Level Check-In

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Twice a year, take a break to check in with yourself. Rate how well you feel you are tracking in these areas in alignment with what you say you want for yourself and your future.

Record today's date, read the following statements, and in the box, rate your level of agreement from 1 (not at all) to 10 (completely). Record your total score at the bottom and choose 1 or 2 areas of focus over the next 6 months.

Want support to accelerate your uplevel?

Get 15% off my 6-month Reach New Heights package by mentioning "Up-Level Check-In" when you contact me.

Today's Date:

1) I have a clear vision about what is important to me and what I'm working toward.

2) I am intentional about acting and interacting in line with my values.

3) I often audit my thoughts and emotions to respond in ways that move me toward, not away from, what I want and who I want to be.

4) I have adopted positive habits that help me regulate my stress reactions so I can get back to a positive and productive state.

5) I make clear and kind requests around my needs and maintain healthy boundaries that support my mental, emotional, and physical well-being.

6) I am taking action toward the things I want with patience and gratitude to more fully appreciate each moment of the journey.

RECORD YOUR TOTAL SCORE HERE:
Compare your score next month.