

A New Normal

What Will Tomorrow Look Like

1. Do you have a tired brain? Yes ___ No ___
2. Do you have a brain that loops over and over with worry? Yes ___ No ___
3. Are you feeling burned out? Yes ___ No ___
4. Are you in multi-tasking overload? Yes ___ No ___
5. Is Fear controlling your life? Yes ___ No ___
6. Are you a fearful person? Yes ___ No ___
7. What does fear feel like for you? _____
8. Are you confident? Yes ___ No ___
9. Are you calm? Yes ___ No ___
10. Are you peaceful? Yes ___ No ___
11. What does peacefulness, calm & confidence look like for you? _____
12. When in your past did you feel this way? _____
13. Do you feel like the world is falling apart? Yes ___ No ___
14. Is what happened in your past impacting you now? Yes ___ No ___
15. Are you worried about the future? Yes ___ No ___
16. Are you present now? Yes ___ No ___
17. Do you have friends, family & co-workers that lift you up? Yes ___ No ___
18. Do you have friends, family & co-workers that bring you down? Yes ___ No ___
19. Where is Joy, Bliss, Happiness & Laughter in your life right now on a scale of 1-5? 1 being low. 5 being high. Circle your number. 1 2 3 4 5
20. Where is Joy, Bliss, Happiness & Laughter in your Life right now after you have created your vision of how you want to feel? Circle 1 2 3 4 5

