



#1 KEY TO A BETTER LIFE!

Better Clarity = A Better Life!

"I am not a product of my circumstances. I am a product of my decisions."

According to a Gallup Poll, 63% of those in the workplace are disengaged and 24% hate what they do. We are talking about work but the same applies in our relationships and other situations. Why do we choose to stay stuck and scared versus making a move toward a life of more wealth, better relationships, and overall improved health to live the life we want?

Understanding where you are today in seven key life areas is a critical first step in getting clarity on how to move from disengagement and hating what you do to achieving life of balance and accelerated personal and professional growth. Reflection on your key life areas will help you to understand what you've been paying attention to and in what areas you need to shift your attention to achieve the growth outcomes you design for yourself. These seven key life areas are Health, Family and Friends, Love, Purpose, Finances, Passions, and Spirituality.

With this reflection, you must be specific, honest, and aspirational as you assess and understand your goals in these areas. The intention is not for you to stress about this but to be honest and consider this a journey of understanding, transformation, and transition. You decide what life balance means for you as you set your growth plan around your priorities. Don't focus on what others want for you or what you see others have or what others will say. This exercise is about what you want.

For each of the seven life areas, I want you to do three things. 1) Reflect on where you've been, are and want to go; 2) Rank where you are currently from 1-5 with one being the lowest and five the highest; and 3) set three goals or habits that would improve the each.

Health: Are you optimizing your physical and emotional health and well-being. Are you energetic, motivated with a strong mental and physical stamina? Reflect on the past, present, and future, rank where you are now, set three goals.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Family and Friends: Can you say I am authentic in my relationships with family and friends and I am surrounded by positive people. I am very connected, present, and bring positive energy into their lives.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____



Love: Do you feel compassion and love for all people and those you interact with. Can you say, with my significant other, my connection is deep, trusting, loving, appreciative, and spirit filled. I love my partner and demonstrate patience, respect, and attention. If you don't have a significant other, do you live your life in an open, loving, and connected way? Are you patient and peace-filled with positive expectation for this partnership?

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Purpose: Can you say - I have clarity on my purpose in life. I am energized and fulfilled by the work I do and my contribution to humanity which adds "real" value to the world. It is a true reflection of the best me which helps me to enjoy and experience the lifestyle I want.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Finances: I am in a good and comfortable place with my finances. I am living the lifestyle I want today and the future. I am able to be supportive of those requiring my financial support.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Ignite WITHIN

ACCELERATE YOUR GROWTH!

Passions: I take the time to enjoy those things that I am passionate about beyond work and career.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Spirituality: I am connected to a source higher than myself, living in the present moment. My actions are aligned and guided by my beliefs, faith, and values which are at the forefront of all my decisions and day to day actions.

Reflection: _____

Rank (1-5): _____

Goals/Habits: 1) _____ 2) _____
_____ 3) _____

Do this and begin your journey of transformation! If you find yourself questioning whether you can have life balance, ask yourself, Why the Hell Not! And answer the question!



Gladys Agwai
Founder and CEO
Ignite Within, LLC
Author, Speaker – Coach - Strategist
gladys@ignitewithin.org
Ignitewithin.org
US: +1-404-317-2055
Nigeria: +234-802-222-0201