

CHANEL DOKUN

life
starts

NOW

HOW TO CREATE THE
LIFE YOU'VE BEEN WAITING FOR

A PDF COMPANION TO THE AUDIOBOOK

Life Starts Now

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Most client names have been changed and stories summarized to honor and protect individual identities.

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LIFE ASSESSMENT

Before you head into the next section, take some time to reflect on where you are now. We're going to cover a lot of ground, so let's take stock of how your life is going. Grab a notebook and use your new Reclaim the Morning time to practice personalizing what you're reading.

Spend time answering the following four clarifying questions, taking into account all of your life buckets (self, relationships, career, spirituality, and global engagement).

- (1) **HOW AM I CURRENTLY THRIVING?** These are areas to protect and optimize.
- (2) **HOW AM I CURRENTLY STRIVING?** These are areas to change or clarify.
- (3) **WHAT IS MY DISSATISFACTION COSTING ME?** Note the time, energy, or financial costs associated with striving.
- (4) **AM I READY TO CHANGE?** Yes or no.

Download this worksheet and other tools to help you start living now at
chaneldokun.com/lifestartsnow