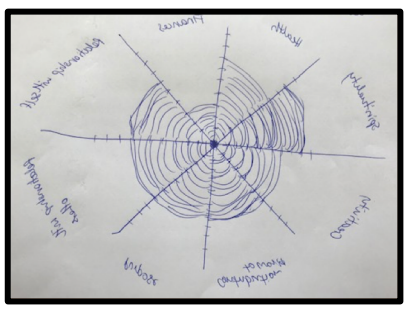
Beautiful YOU Assessment Circle

Maybe you are wondering what you are doing wrong or why you seem to push people away rather than attract them to you.

Well let's have a look at what your life looks like right now? Think about each one of these sections. Give yourself a score of 1 being not too good, to 10 being fantastic, brilliant, beautiful!!

Connect up the lines and color in the section that represents you. Then stand back and see yourself from a completely different perspective!!

Here's an example, actually the first one I ever did!!



Questions to help you complete the Beautiful YOU Assessment Circle:

Write words, sentences, phrases that come to mind when you look at each of these words that frame up the Beautiful YOU Assessment Circle. This will help you get a handle on where you sit between a 1-10 on the circle.

Here we go…..

Health

Finances

Purpose

Relationship with Self

Relationship with Others

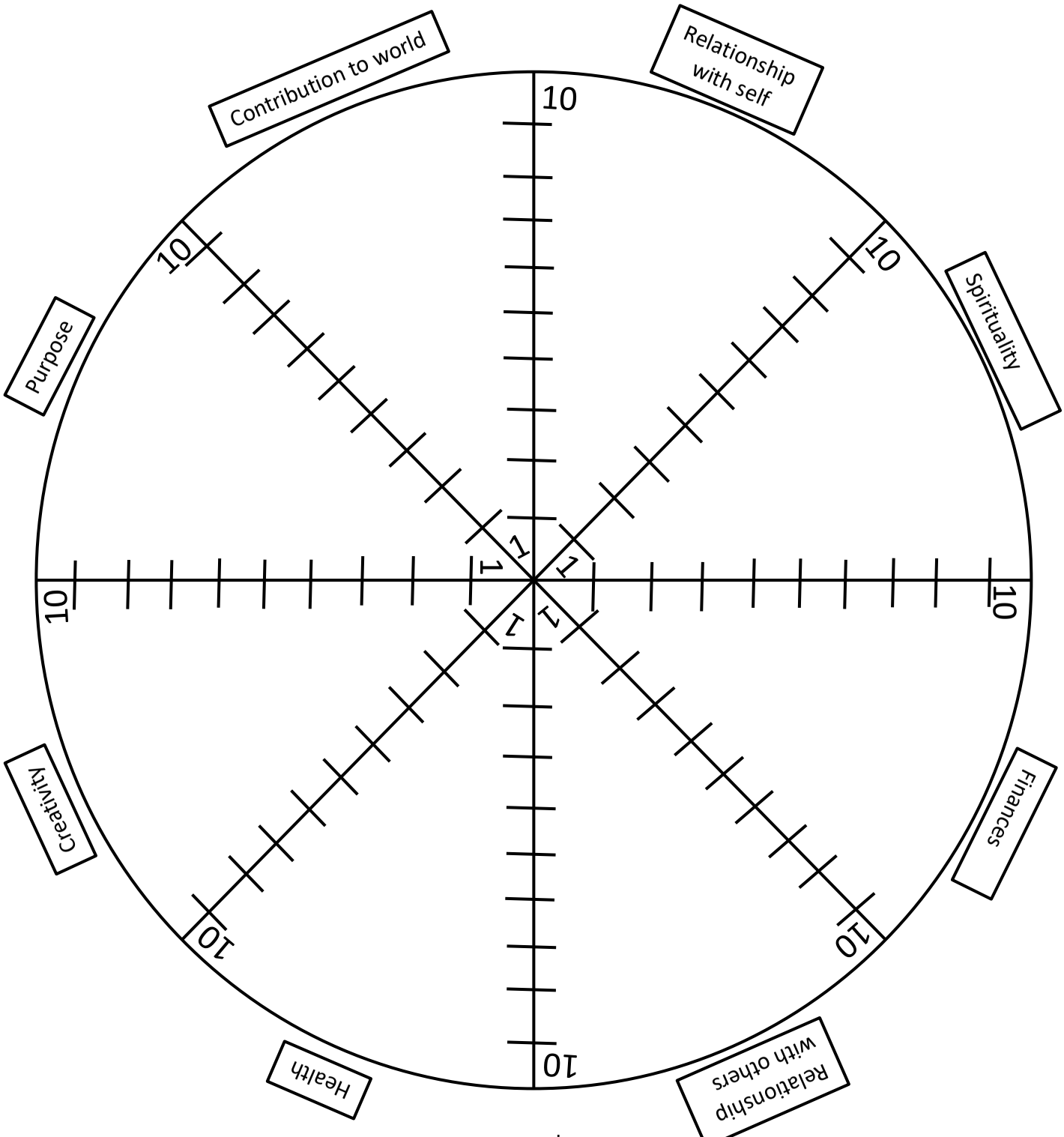
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Contribution to the World

Creativity

Spirituality

Alright off you go and do yours…..



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So do your results surprise you? Or is it what you expected??

Just so you see YOU from a clear perspective list your sections in order from strongest to weakest here -

Strongest_____

_____

_____

_____

_____

_____

_____

Weakest _____

Is this what you want your life to look like?



Have you tried to change yourself?

Have you given up on believing you can change, That things will ever change in your life?

Do you want to be a Beautiful YOU, truly, authentically fully revealed and fu lly expressed?

Your past does not have to be reflected into your future....
If you are going to change your past you will have to do something different and maybe radically different to what you've done before.

Don't waste another week, month or year wondering about this.....DO IT and silence the voices, the lies and break the patterns so that you forge new pathways to be the BEAUTIFUL YOU you really are and deserve to be.

If you want to find support and encouragement on your journey, join me in the Redemption Mumma's facebook group. Click on the facebook icon or visit redemptionmummas.com.au

Mentoring program details, courses and workshop details are released through the group page and on the Redemption Mumma's website.
If you feel you need more personal support on your journey to support and facilitate the process of becoming that BEAUTIFUL, fully expressed YOU check these out.

Don't delay...take action today

Miriam xx
Redemption Mumma's

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