WHERE DO I STAND

WHAT THIS IS

Before we can figure out where you're going, we need to know where you actually are. Not where you hope you are, or where you were six months ago. Right now.

This exercise looks at four areas of your life. Be honest. A low score isn't a failure, it's useful information. A high score you can't back up is the thing that will slow you down.

HOW TO SCORE

Below you will find a Diamond Mapping Exercise. Before completing the exercise read each section details and use a scale of 1 to 10 for each area. 1 means it's a genuine problem or source of stress. 10 means you couldn't ask for more. Most people land somewhere in the middle.

AREA 1: BUSINESS SUCCESS

This covers how your business is performing, how it feels to run it, and whether it's doing what you built it to do.

Some things to consider: Are you generating enough revenue. Do you feel in control of the business or does it control you. Is the business growing, stuck, or shrinking. Does it give you the freedom you wanted when you started it, or has it become a different kind of trap.

AREA 2: FINANCIAL INDEPENDENCE

This covers your personal financial situation, not just business revenue. Money in versus money out. Debt. Savings. Whether the business is actually funding your life or just funding itself.

Some things to consider: Does your income cover your actual monthly expenses including your own pay. Do you have savings. Do you have debt that is growing instead of shrinking. Do you know your numbers or are you avoiding them.

AREA 3: FAMILY AND RELATIONSHIPS

This covers the people in your life and whether running this business is helping or hurting those relationships.

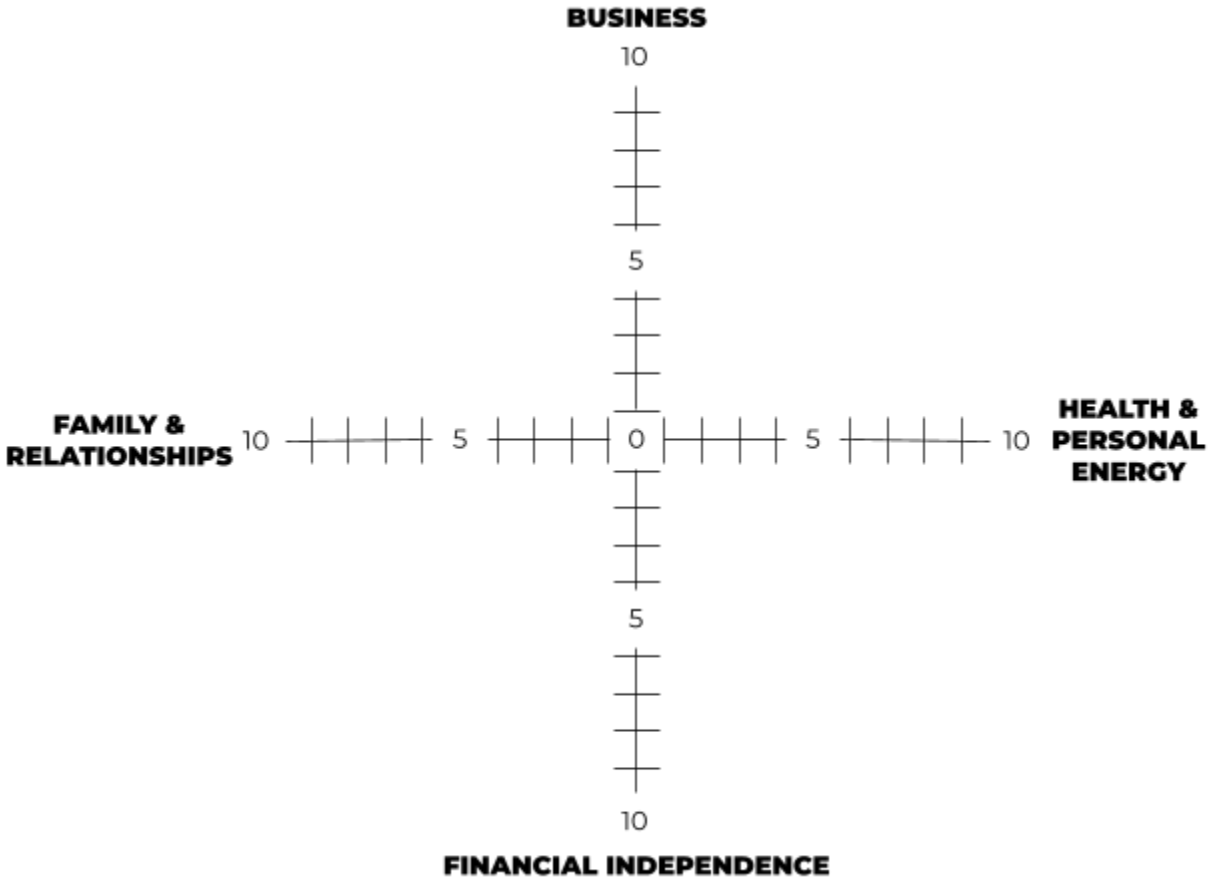
Some things to consider: Are you present for the people who matter to you. Has the business taken more than you intended from your personal life. Do you have people around you who support what you're building. Are there relationships that need attention you haven't been able to give.

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AREA 4: HEALTH AND PERSONAL ENERGY

This covers your physical health, mental energy, and whether you have enough of both to sustain what you're building.

Some things to consider: Are you sleeping. Are you moving. Do you have energy at the end of the day or are you running on empty. Is stress from the business affecting your body. Are you taking care of yourself at a basic level.



Your Diamond Map scores today:

Business ____ Financial Independence ____ Relationships ____ Health and Wellbeing ____

NOW STEP BACK

Which area has the biggest gap between today and target:

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Which area, if it improved first, would have the most positive ripple effect on the others:

Write one sentence about where you are right now that you'd be willing to say out loud in our first session:

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