

As I begin this process, I give myself permission to release the need to have it all figured out or get it "right" the first time. I let go of perfectionism, self-judgment, and the fear of doing it wrong, choosing instead to approach this journey with curiosity rather than criticism. I give myself grace to stumble, recalibrate, and try again, knowing that even the messy steps move me closer to alignment. I will celebrate the small wins, the quiet moments of clarity, and the courage it takes to keep showing up. On hard days, I will hold space for all the feelings that arise, offering myself compassion and understanding. I give myself permission to experiment with new possibilities and trust my inner wisdom to discern what feels right for me. Above all, I embrace this journey as an adventure, not a test, allowing joy, ease, and compassion to guide the way. I am worthy of this process, and I trust myself to grow in my own way, in my own time.

I also give myself permission to let go of. . .

And to step into. . . .

Name: _____ Date: _____

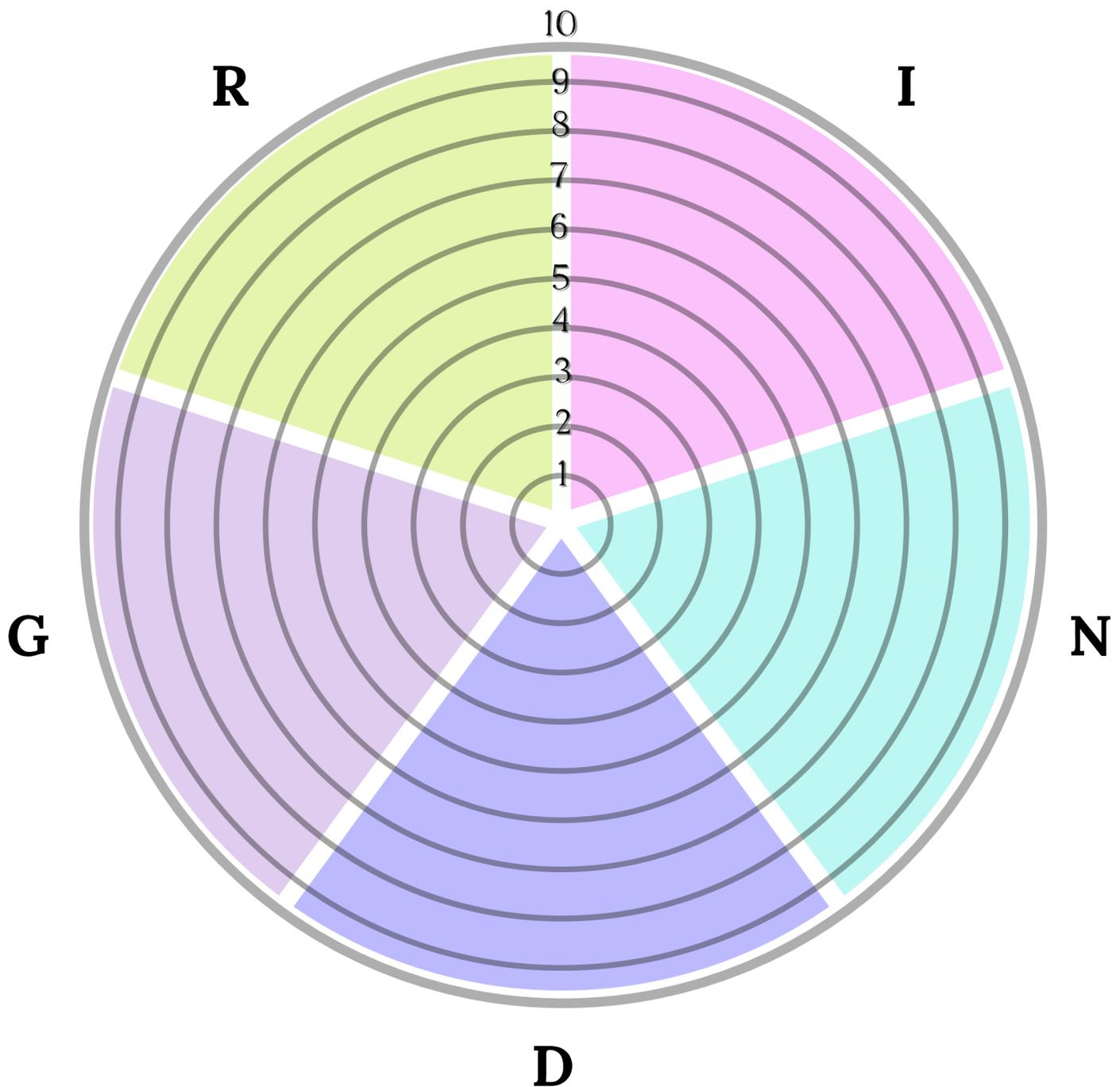
The GRIND

Take some time to reflect on how much time, energy, attention or focus you are investing in the core themes of the GRIND.

Draw the “crust” of each pie piece then color it in.

1 = not a source of stress or significant investment of energy

10 = a very significant source of stress, focus or energy, Something that you find yourself thinking about, orienting around or acting on very regularly.



GRIND Self-Assessment Key

Use this page to reflect on where internalized cultural conditioning might be draining your energy or driving your behavior. For each pattern below, rate how strongly it's showing up in your life right now. (1 = not really present, 10 = it's totally running the show)

G – GREED

This shows up as the belief that your worth is tied to how much you produce, achieve, or earn. It's the voice that says "more, faster, now" and keeps you chasing success—even when your body or soul is begging for a break.

Reflection questions:

- How often do I feel like I need to be doing or achieving something to feel valuable?
- How much do I override my body's need for rest in order to stay productive?

R – RIGIDITY

The pressure to follow a linear, rule-bound path—even when it doesn't fit. Rigidity glorifies struggle and insists there's only one "right" way to succeed, often silencing your intuition and creative flow.

Reflection questions:

- How often do I follow rules, timelines, or plans that feel heavy or misaligned?
- How much do I suppress my intuitive nudges in order to "do it the right way"?

I – ISOLATION

Rooted in individualism and competition, this story makes you believe you have to do it all alone. It discourages collaboration, support, or asking for help—and can leave you feeling disconnected and overburdened.

Reflection questions:

- How often do I feel like I need to figure everything out on my own?
- How much do I resist asking for help or receiving support—even when I really need it?

N – NEGLECT

Neglect whispers that your needs don't matter—or that they're selfish. It drives self-sacrifice and burnout by rewarding over-giving, over-working, and the belief that rest or pleasure must be earned.

Reflection questions:

- How often do I ignore or minimize my own needs to meet the needs of others?
- How much do I feel like I have to earn rest, joy, or pleasure?

D – DISCONNECTION

Living from the head instead of the body. This story prioritizes logic and conditioning over inner wisdom, cutting you off from your emotions, intuition, and embodied truth.

Reflection questions:

- How often do I live in my head instead of listening to my body?
- How much do I disconnect from my feelings, intuition, or deeper truth in order to be "rational" or "in control"?

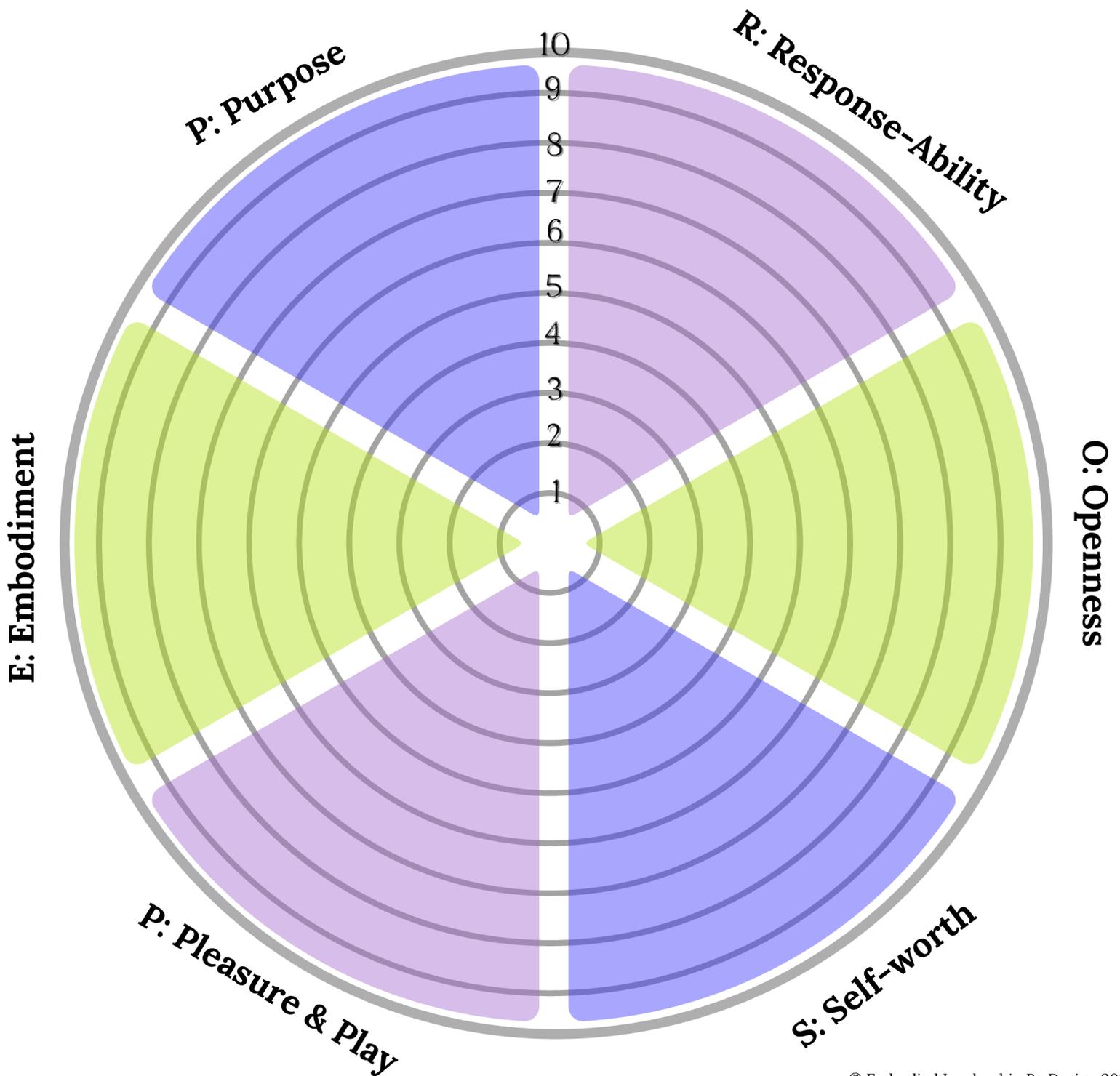
The PROSPER Pillars

Take some time to reflect on how much time and energy you're investing in the core pillars and practices of PROSPER.

Draw the "crust" of each pie piece then color it in.

1 = That barely exists in my world, it's cringey, or I have lots of resistance to this theme.

10 = It's a central part of my life and I'm confident, comfortable at home when it comes to this theme.



PROSPER Self-Assessment Key

Use this page to reflect on how much energy you're investing in each of the nourishing, aligned practices that support your purpose, well-being, and authentic leadership. For each pillar, rate how alive and integrated it feels in your life right now. (1 = not much energy at all / feels cringey or hard, 10 = I live this fully and freely—it feels like my natural state)

P – PURPOSE

Living with clarity about what truly matters to you—and letting that guide your choices, actions, and priorities. It's not about performance or pressure, but about honoring your soul's unique contribution.

Reflection questions:

- How much clarity do I have about what really matters to me in this season of life?
- How often do I make choices that align with my deeper sense of purpose and impact?

R – RESPONSE-ABILITY

Choosing to respond from awareness instead of reacting from old habits or stress patterns. This pillar is about staying connected to your power of choice—even in hard or messy moments.

Reflection questions:

- How often do I pause and respond from grounded awareness instead of reacting automatically?
- How much do I feel in conscious choice about how I use my time, energy, and attention?

O – OPENNESS

Approaching life, others, and yourself with curiosity, flexibility, and compassion. This is about releasing judgment and letting yourself learn, evolve, and adapt.

Reflection questions:

- How much openness do I bring to change, uncertainty, or feedback?
- How often do I meet myself with compassion instead of criticism?

S – SELF-WORTH

Rooted in the unshakeable truth that your value is inherent—not something you earn or prove. Self-worth is the foundation for setting boundaries, honoring your needs, and trusting your enoughness.

Reflection questions:

- How much do I believe that I am enough, just as I am?
- How often do I make decisions from a place of worthiness rather than fear or people-pleasing?

PROSPER Self-Assessment Key

Use this page to reflect on how much energy you're investing in each of the nourishing, aligned practices that support your purpose, well-being, and authentic leadership. For each pillar, rate how alive and integrated it feels in your life right now. (1 = not much energy at all / feels cringey or hard, 10 = I live this fully and freely—it feels like my natural state)

P - PLEASURE & PLAY

Saying yes to joy, beauty, fun, and rest—not as a reward, but as a necessary part of a thriving life. This pillar invites delight and reminds you that pleasure is productive, too.

Reflection questions:

- How much space do I make for rest, joy, and play in my life?
- How often do I let myself feel good without guilt or needing to earn it?

E - EMBODIED ALIGNMENT

Living in sync with your body's wisdom and your unique energetic blueprint. It's about listening inward and letting your felt sense guide your decisions and direction.

Reflection questions:

- How much do I tune into my body and trust what it's telling me?
- How often do I make choices that feel good in my body—not just logical in my mind?

Note: We didn't forget about **R: Resonance**, the final letter of PROSPER, but you'll learn (if you haven't already) by reading the book, that Resonance is the natural (and magical) outcome of living the other pillars more than an intentional choice or practice.