



LIFE SHIFT *inventory*

An Interactive Exercise for Revealing the
Top Areas of Your Life in Need of a Shift

And What Life Will Look Like Once You Do



MAKE *shift* HAPPEN®
INTERNATIONAL



On a scale of 1-10, how happy are you in your life right now? We call this your Joy Factor.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

*not happy
at all*

*neither happy
or unhappy*

*extremely
happy*






Let's Go Deeper...



On a scale of 1-10, please rate your **current level of satisfaction** in each of the life domain areas listed below:

	<i>completely dissatisfied</i>				<i>neither satisfied or dissatisfied</i>		<i>completely satisfied</i>			
	1	2	3	4	5	6	7	8	9	10
Safety & Basic Needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family Life & Home Environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career & Daily Work Life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Money & Financial Security	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Purpose & Spiritual Connection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Health & Emotional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fun & Leisure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friendship & Social Support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Romantic Love & Intimacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal Growth & Development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community Service & Civic Involvement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Now shift your
brain to the

israel

Review the list of life domains again and **select the number you would need to have in order to be completely satisfied with your life in that area.** We call this the “Bullseye”.

*My Bullseye: I would be completely satisfied if my score was this number.
Hint: It's perfectly fine if every number isn't a perfect ten!*

	1	2	3	4	5	6	7	8	9	10
Safety & Basic Needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Family Life & Home Environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career & Daily Work Life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Money & Financial Security	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Purpose & Spiritual Connection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical Health & Emotional	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fun & Leisure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Friendship & Social Support	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Romantic Love & Intimacy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Personal Growth & Development	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community Service & Civic Involvement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

OK, we're going to take one more look at the list. Now that you've identified your personal bullseye for each area, it's time to prioritize. **Check the four areas that are most important to you** either because you want to maintain your current rating or because you want to see your rating improve.



Safety & Basic Needs



Family Life & Home Environment



Career & Daily Work Life



Money & Financial Security



Physical Health & Emotional Wellness



Purpose & Spiritual Connection



Fun & Leisure



Friendship & Social Support



Romantic Love & Intimacy



Personal Growth & Development



Community Service &
Civic Involvement



*Note: YES, you have to choose four areas; and NO, you can't choose more than four.
You can, however rename some areas and/or cluster certain areas together so they best reflect your life's buckets).*

Now for the
fun part!

Take a few moments and visualize what it would take for you to be over-the-moon excited about your life in each of the top four areas you've chosen. Turn your brain off and open your heart. This is your chance to dream! Don't worry about how unrealistic your dream may seem and most importantly, **DON'T LIMIT OR DISCOUNT WHAT COMES UP FOR YOU.** Just close your eyes and **imagine what pure joy would look like in each area** and if it comes to your mind, write it down (or for the creative in you, draw it out!) Don't overthink it. Just envision what would be different for you. Where would you be? What would you be doing? How would you feel? Once you have a vision in your mind for each area, move on to the next section to write down what you see.



REFLECTION

Use the lines below to list the first and second life areas you selected on page 8.

Describe the vision you saw for each area in the box below each line.

What would pure joy look, sound, taste, smell or feel like for you in each area?



Life area **ONE**



Life area **TWO**

A large, solid dark blue rectangular box intended for writing reflections for 'Life area ONE'. It is positioned below the 'Life area ONE' label and is currently empty.

A large, solid gold rectangular box intended for writing reflections for 'Life area TWO'. It is positioned below the 'Life area TWO' label and is currently empty.

REFLECTION

Use the lines below to list the third and fourth life areas you selected on page 8.

Describe the vision you saw for each area in the box below each line.

What would pure joy look, sound, taste, smell or feel like for you in each area?



Life area **THREE**



Life area **FOUR**

A large, solid maroon rectangular box intended for writing reflections on Life area THREE.

A large, solid blue rectangular box intended for writing reflections on Life area FOUR.

On the next few pages, you're going to give that vision greater clarity. For each of the four life domain areas you've selected, repeat the statement listed below out loud and consider how you would fill in the blanks. Write your answers on the next few pages.

IF TIME AND MONEY WERE UNLIMITED AND I HAD NO FEAR, MY LIFE IN THIS AREA WOULD LOOK VERY DIFFERENT:

I would be_____

I would do_____

I would have_____

EXAMPLE

I WOULD BE PHYSICALLY ACTIVE, HEALTHIER, STRONGER AND MORE DISCIPLINED.

I WOULD COOK AND EXERCISE REGULARLY. I WOULD GO ON MORE ADVENTURES. I WOULD SPEND MORE TIME OUTSIDE AND I WOULD PRIORITIZE MY HEALTH AND WELL BEING WITH GOOD ROUTINES AND SELF-CARE.

I WOULD HAVE MORE CONFIDENCE, MORE FUN AND BE A LOT LESS DRAINED.

IF TIME AND MONEY WERE UNLIMITED AND I HAD NO FEAR, MY

insert Life area **ONE** (from page 8)
 WOULD LOOK VERY DIFFERENT:



I WOULD BE _____

What would you do more or less of? I WOULD (Do) _____

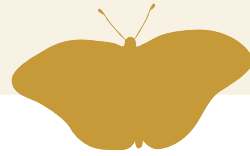
AND AS A RESULT,

I WOULD HAVE _____

**If you need help, refer back to the example on page 13*

IF TIME AND MONEY WERE UNLIMITED AND I HAD NO FEAR, MY

Insert Life area **TWO** (from page 8)
 WOULD LOOK VERY DIFFERENT:



I WOULD BE _____

What would you do more or less of? I WOULD (Do) _____

AND AS A RESULT,

I WOULD HAVE _____

**If you need help, refer back to the example on page 13*

IF TIME AND MONEY WERE UNLIMITED AND I HAD NO FEAR, MY

Insert Life area **THREE** (from page 8)
WOULD LOOK VERY DIFFERENT:



I WOULD BE _____

What would you do more or less of? I WOULD (Do) _____

AND AS A RESULT,

I WOULD HAVE _____

**If you need help, refer back to the example on page 13*

IF TIME AND MONEY WERE UNLIMITED AND I HAD NO FEAR, MY



Insert Life area **FOUR** (from page 8)
WOULD LOOK VERY DIFFERENT:



I WOULD BE _____



What would you do more or less of? I WOULD (Do) _____



_____ AND AS A RESULT,

I WOULD HAVE _____



**If you need help, refer back to the example on page 13*

If your life looked like what you have just described in those top four areas, **how would your Joy Factor change?** On a scale of 1-10, how happy would you be in your life ?

1	2	3	4	5	6	7	8	9	10
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>not happy at all</i>			<i>neither happy or unhappy</i>				<i>extremely happy</i>		

On a possibility scale of 1-10, **how possible do you believe it is for your life to actually look like what you've described?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

It's not possible

It's completely possible





On a commitment scale of 1-10, **how committed are you to making the shifts necessary to get closer to your ideal life?**

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

*I'm not committed
right now*

*I'm super committed
and ready to go*

What are the **barriers** getting in the way of you creating the life you've described? (choose **all** that apply)



Education/ Knowledge



Credibility



Support



Money



Resources



Fear



Motivation



Time



Energy



Discipline



Confidence



Clarity



A Plan



Other:



Other:



Other:

LAST QUESTION!

We've already determined that each of these life domain areas are important to you.

Now we'd like you to **consider the urgency of each area.**

If you had to **rank them** (and you do), which area would be ranked 1st because it has been the most challenging area for you to make progress in **on your own?**

Life area **ONE**



Life area **TWO**



Life area **THREE**



Life area **FOUR**



A hand with dark nail polish holds a lit sparkler. The background is dark with a red overlay and some bokeh light effects. The text is written in white.

Congratulations!
THAT WAS
awesome work

**FOR ASSISTANCE
WITH WHAT
TO DO NEXT,**

VISIT [MAKESHIFTHAPPENINTL.COM](https://www.makeshifthappenintl.com)

*to learn more about
working with us.*



LOOKING FOR A
COACH, MENTOR
OR STRATEGIST
TO HELP YOU
GET MOVING?





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