



# the **you** review

where you are  where you'd like to go



What's your life like, right now?

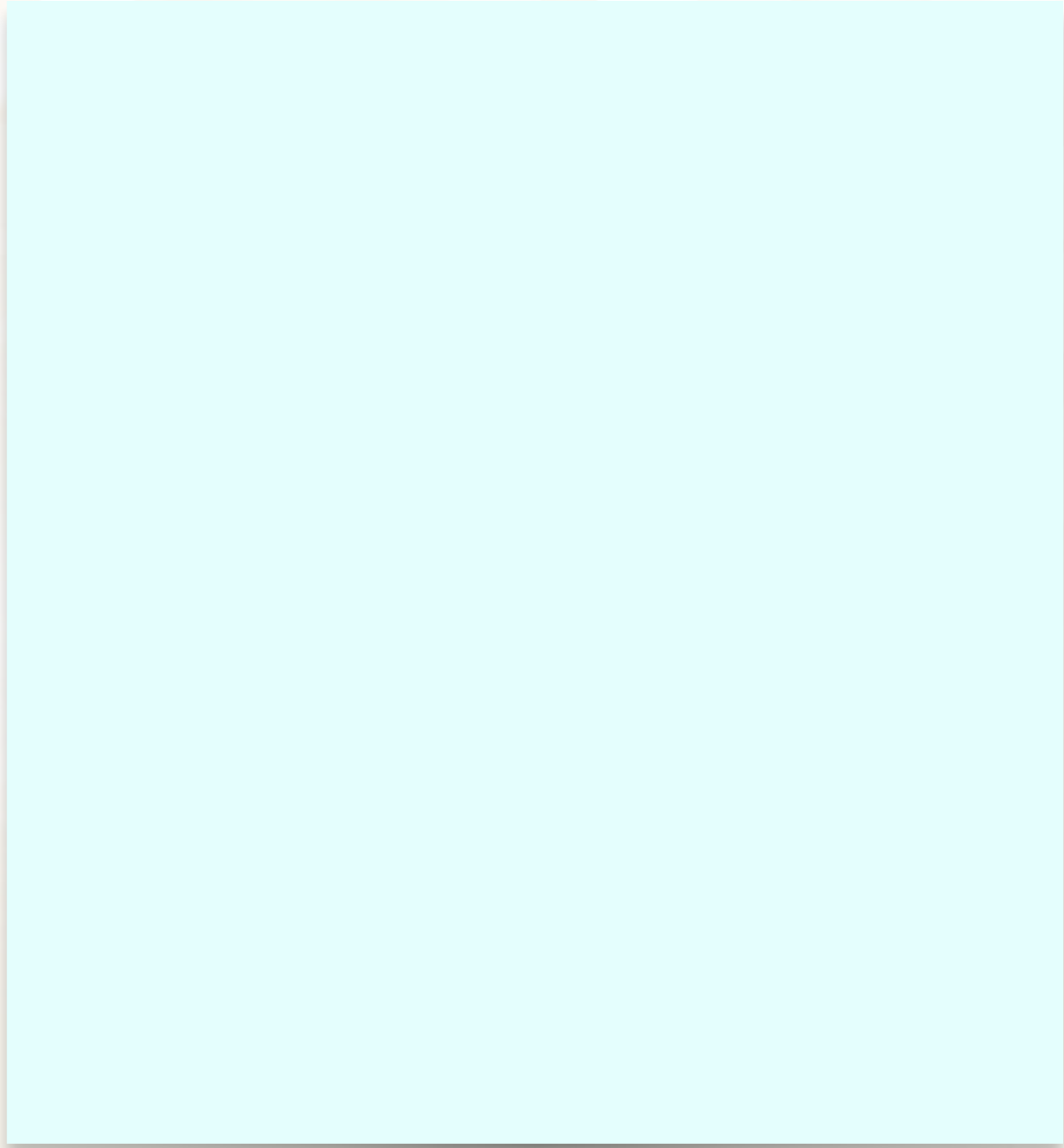
What do you spend most of your time doing?

How is your home life?

What do you do for fun?

What do you do for exercise?

What are your favourite creative pastimes?





2

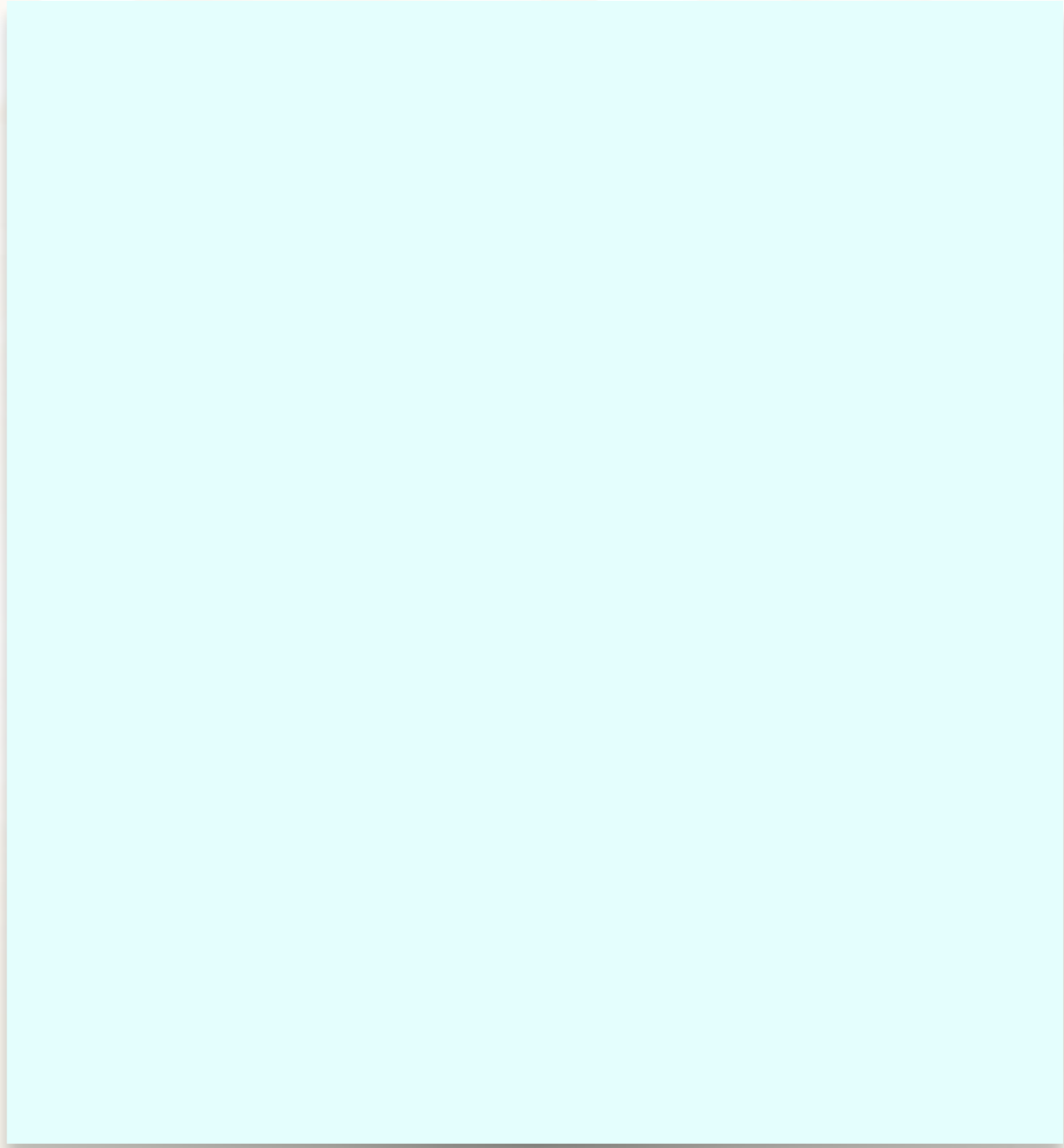
## How are you?

Please choose a number from 1 to 10 to represent the following:

(1 = major challenge, 10 = best ever)

- Your sleep
- Your energy
- Your health
- Your self-care
- Your confidence
- Your inner calm

How do you feel about these numbers?



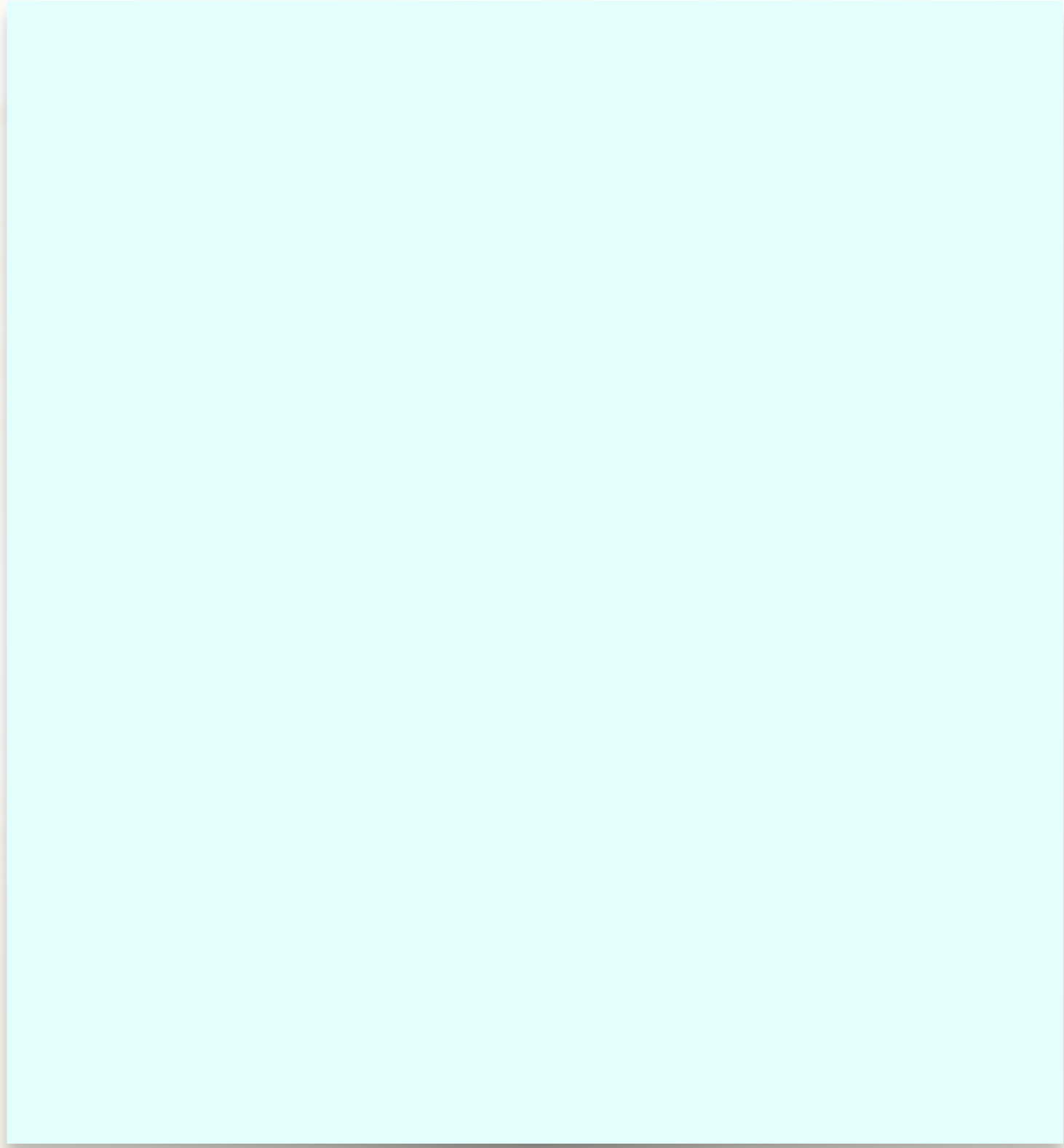


3

## What's working?

What are the best things about you and your life, right now?

What do you love about being you?





4

What's calling you?

What do you dream of?

What do you long for?

What's your vision for the future?

What would you change, if you had a magic wand?





5

## What's stopping you?

What do you feel is blocking you from what you want?

Who is in the way?

What do you need that you don't yet have?

What skills, resources or superpowers would help you?





26

What are your Creative Dreams?

What's your Big Dream?

What would you love to create this year?

What would you love to create this week?

What would be your Ultimate Creative Legacy?





# That's it!

Excellent work.

I hope you enjoyed that and found it useful.

If your membership includes the Month of Mentorship and you'd like my feedback on your questionnaire, please email it back to me at: [danielle@themusespa.com](mailto:danielle@themusespa.com)

(If you haven't opted for mentorship and you'd like to upgrade to include feedback and coaching, you can add that [here](#).)

And now?

It's time to discover more about *The Muse Spa* and your upcoming journey....

Click the link to go to

[Member's Welcome Pack](#)

See you in the spa!

*Danielle*