## YOUR MAGIC \# QUIZ

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## WHERE ARE YOU NOW?

On the following pages you're going to find the Magic Audit Quiz - a tool that will help you get clear about the areas of your life where you may need to focus first to truly achieve freedom \& fulfilment. This quiz is meant to be a barometer to help you identify your areas for growth, as well as the areas where you're probably already experiencing some freedom and fulfilment (which may be a good reminder to let yourself really acknowledge and enjoy it more!)

The purpose of this quiz is to set a benchmark - to help you create the real and specific change you'd like to make - and to recognize progress as you're making it - instead of constantly feeling stuck or 'not enough'.

## If you're feeling brave, we'd love for you to share your score in the Facebook Group

There we can carry on the conversation there about where to start, what to try, recommendations for strategies, tools, resources, books and more!

## OUIZ DIRECTIONS

1. For each question, if the answer is 'yes', give yourself one point. If it is no, zero points
2. After you've scored each category, make some notes on the right side of the page... what's jumping out at you? How are you feeling?
3. If your score is less than 17, circle THREE of the 20 in the list that you feel are the MOST URGENT for you to address FIRST
4. At the end you'tl add up your scores to a total 'Magic Number’

## 1. HEALTH \& WELLBEING

NOTES:

1. When I wake in the morning I have a routine that centers me
2. On regular day-to-day basis, have no aches \& pains in my body
3. I get 8 hrs of sleep most nights without waking in the middle
4. I have good, consistent energy throughout the day
5. I have a diet that is full of whole, healthful food, low in processed carbs and high in veggies and lean proteins $\qquad$
6. I don't rely on sugar, soda, coffee (I have it less than $3 x$ a week) $\qquad$
7. I exercise 3-5 times a week and I look forward to it
8. My mind feels clear and I feel like it is easy to accomplish most tasks $\qquad$
$\qquad$ visits
$\qquad$ days or moments, I have a reliable calming system
$\qquad$ My cholesterol levels are healthy I am comfortable with my current weight. I love my body $\qquad$ I am addressing any health concerns (not ignoring them) I don't smoke $\qquad$ I don't rely on drugs/alcohol/food to manage my emotions
$\qquad$ I have had a general physical exam in the last 2-3 years
I have someone to talk to about my worries /fears/feelings $\qquad$
My nails are healthy and looking good
. My skin is free from rashes or blemishes and I use SPF in the sun $\qquad$
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## 2. MONEY

NOTES:

1. When I think about my money situation I feel good
2. I have no consumer debt
3. I have a savings to fall back on if I were to get sick (3-6 mo. of life costs)
4. I have a retirement fund or investments that I add-to regularly $\qquad$
5. I pay my bills on time
6. I don't owe money to any friends or family members
7. I know what are my limiting beliefs are when it comes to money, and I'm working on them
8. My taxes are filed on time and are up to date
9. I have all the necessary insurances (home, life, disability, health)
10. I have a will and it's up to date
11. I have a budget and I live comfortably within it
12. I know my 'financial freedom' number \& I am saving to achieve it
13. My income is reliable - I don't have to worry about how much I'll have from month to month

## BUSINESS (if you don't yet have a biz, just assume (Y) for these

14. I know my business' fixed \& variable costs
15. I have an accountant or bookkeeper to help advise me on my business
16. I have a system/ software that makes it easy to see where I'm at financially / pull reports like a balance sheet or profit \& loss statement
17. I am comfortable with my pricing and it's working well for me $\qquad$
18. I know how much I make in my 'average sale’
19. I have a monthly marketing budget $\qquad$
20. I know how to consistently create revenue in my business
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## 3. LOVE \& CONNECTION

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## 4. HAPPINESS \& PLEASURE

NOTES:

1. I play every day
2. I know what I find fun and pleasurable and I indulge in it regularly
3. I believe that things to be easy still count, and I seek ease whenever possible
4. My home is free of clutter, and I regularly 'declutter' to keep it that way
5. I have real plants and/or fresh flowers in my home/office
6. I am not addicted to my phone - I spend plenty of time 'unplugged'

I love where I live
8. I experience nature, at least in some small way, every day
9. I allow myself to feel all my feelings, without judgement
10. My home feels bright and spacious
11. I feel sexy, I enjoy sex and I have no shame in pleasuring myself
12. My bedroom is clean and cozy: it feels like my sanctuary
3. I love having people over to eat and socialize at my home
14. I listen to music that I love every day
15. I sing when I want to sing, dance when I want to dance
16. I have a regular mindfulness / meditation / stretching habit
7. I am almost always on time
18. I have daily rituals that give me ease, joy, peace and/or pleasure
19. I use the fancy stuff! Instead of saving it (Light the fancy candles, wear my expensive cologne/perfume, use the china/silver, wear the stuff I feel great in)
20. I regularly go to the places/do the things that give me joy, inspiration and connect me to the parts of me that I love most
working with dog.

## 5. SERVICE \& GROWTH

1. I know what I was born to do, and I'm doing it
2. I regularly invest in learning or trying something new
3. I regularly give time / money to the causes \& charities that I care about
4. I speak up against injustices, bullies, and hateful language
5. I have a list of all the places I'd like to travel to, and I know which place I'm going next and when
6. I seek opportunities to embrace or face discomfort or fear
7. I am engaged in practices, communities, modalities, programs, or rituals that help me continue to heal and evolve as a person
8. I know what l'd like to be known for, and am working towards that legacy
9. I believe that the more successful I am, the more I can help, so I am comfortable with, and excited about my own success
10. I have one or more coaches/mentors who challenge and develop me
11. I regularly reward my wins and look back to see how far l've come
12. I accept that most things are cyclical and with the up, comes the down. I don't panic at each down, I just keep moving.
13. I am quick to forgive
14. I value honesty and integrity highly in myself and others
15. I look inside to get validation and do not rely on recognition from others
16. I am curating a network of influential and inspiring peers \& influencers

## BUSINESS (if you don't yet have a biz, just assume (Y) for these

17. I am working on being more vulnerable and 'me' with my audience
18. I have aligned my business goals with service goals: I am building a brand that matters! My business is making the world a better place
19. I am working on growing as a leader / delegator / boss /role model
20. I am focused on creating and maintaining momentum in my business

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1. HEALTH \& WELLBEING

NOTES
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SCORE

2. MONEY
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3. LOVE \& CONNECTION
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4. HAPPINESS \& PLEASURE
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5. SERVICE \& GROWTH
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[^0]:    1. I am comfortable with the relationship I have with my parents
    2. I love and accept myself and I regularly practice acts of self-love
    3. I smile a lot, and regularly do random acts of kindness for strangers
    4. I have good buddies / close friends in my work environment
    5. I have a partner who I am attracted to and who lights me up
    6. I feel understood and seen by several people in my life
    7. I offer my kids / pets choice and freedom whenever possible
    8. I don't have any 'enemies'
    9. I avoid gossip / drama
    10. I have regular meetups with friends just to connect \& have fun
    11. I believe I am worthy of and deserving of love as I am right now
    12. I regularly reach out to friends and family to connect and catch up
    13. I am not afraid to ask for help when I need it
    14. I have am a part of one more more communities that I can turn to when I need advice, referrals, help, or support
    15. My relationships feel balanced and I get as much as I give
    16. I give people the benefit of the doubt - when unsure I get all the facts before reacting or confronting someone
    17. I try not to make snap judgements about other people Saying no is easy for me
    18. I approach conflict with empathy - I am resilient when others disappointment me
    19. I have let go of toxic relationships / people who make me feel bad about myself
