



# ELITE LIVING ASESMENT ASSESS YOUR LIFE

HEALTHY MIND



HEALTHY RELATIONSHIPS

A LIFE ASSESSMENT TO IDENTIFY AREAS OF YOUR LIFE THAT  
NEED YOUR ACTION IN ORDER FOR YOU TO LIVE WELL

## SIX TOP HUMAN NEEDS FOR HEALTH, LOVE, HAPPINESS & SUCCESS

### 1. HEALTHYMIND:

- Good Positive Mind-set & Gratitude
- Good Self Talk/ Self Love/ Happiness

### 2. HEALTHYBODY:

- Good Drinking
- Good Nutrition
- Good Exercise
- Good Sleep
- Good Digestion
- Good Relaxation
- Good Habits

### 3. HEALTHY RELATIONSHIPS:

Good Loving Relationships, Good Connections:  
Family, Children, Friends & Community, Sense of Self,  
Significance & Safety.

### 4. HEALTHY CAREER & FINANCES:

Good Work Passion, Success, Abundance,  
Achievements, Security, Contribution and Dreams.

### 5. HEALTHY SOUL:

Right Connections to Others & The Universe, Charity  
work – Acts of kindness, Morals, Values, Gratitude,  
Spirituality, Faith and Purpose.

### 6. HEALTHY LIFESTYLE:

Good Work-Life Balance, Good Habits and Interests.

“Life doesn’t come with a manual so I made this assessment to give you focus on areas of your life you may need to pay attention to in order for you to love your life.

Working on all these identified areas of your life lies the secrets to health, love, happiness and success.

Assess your life and take action now.”

*Elaine Curry*  
*Elite Living Academy*



## ASSESS MY LIFE & IDENTITY MY ACTION TOWARDS AN ELITE LIFE

**SCORES:** 1 Terrible 2 Bad 3 Poor 4 Needs Improved 5 OK 6 Could be better 7 Good 8 V Good 9 Great 10 Amazing

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## NEXT STEPS:

### 1) DOWNLOAD THE ELITE LIVING PLAN - HEALTHY, LOVE, HAPPINESS AND SUCCESS PLAN

Through this workbook you will challenge yourself in all areas of your life, evaluate your worth and giving yourself new opportunities, auctioning towards new solutions to get results. You will recognise old beliefs holding you back, regain new beliefs, find your core values in you and what attracts you to other people and becoming your true self. Action planning and writing is important. When you state and say your visions and your dreams, energy will flow towards. Your future is unwritten and you have the power to change it.

### 2) WORK YOURSELF ON THE ELITE LIVING ASSESSMENT AND PLAN WITH SUPPORT OF ELAINE - ASK FOR 1-1 COACHING AND WE WILL GO THROUGH ASSESSMENT AND PLAN TOGETHER, LISTENING TO YOUR NEEDS.

MY COACHING ROLE on a 1-1 basis works with people who need extra support and guidance in this process, to change limiting beliefs to talk and work through their visions. The process is successful in helping you set achievement goals to improve your health and well-being. I initiate thoughts to create actions which brings a powerful energy and flow. I will coach you to promote all positive thoughts and visions. When you keep looking at the life you truly want you to believe in – YOU CAN MAKE IT HAPPEN. ARE YOU EXCITED?

## WHAT MAKES THE ELITE LIVING PLAN AND FORMULA DIFFERENT?

Well, I just don't just give you information, I can also give great guidance through my life coaching to work out your unique action plan with recommendations of additional resources. I can ensure that you have positive affirmations to support you to think positively in each area of your life that you need support in. We will talk about your dreams, write about them and make them real. Dig deep inside yourself, take time out to challenge yourself and design your dream life. I challenge you to find out what keeps you stuck and what are your barriers to living your dream life. You will transform your life, your relationships, your family, your work and enjoy life to the full.

Start now and change your life or choose to live your best year yet. Time is precious and this investment in you will be the best time spent for your future. Pass this on and change other people's lives too..



## HEALTH, LOVE, HAPPINESS & SUCCESS LIFE PLAN

ELITE LIVING ACADEMY HAS 4 SIMPLE STEPS FOR YOU TO LIVE YOUR DREAM LIFE

STEP 1 ASSESS YOUR CURRENT LIFE	STEP 2 CREATE YOUR DREAM LIFE	STEP 3 CHOOSE THE RIGHT PATH <small>WITH ELITE LIVING ACADEMY</small>	STEP 4 LIVE YOUR DREAM LIFE
CREATE A NEW LIFE TAKE BACK YOUR POWER NO MORE EXCUSES	BE THE BEST YOU TAKE MORE CHANCES DESIRE IT AND HAVE IT	FEEL YOUR WORTH TRANSFORM YOUR LIFE MAKE BETTER CHOICES	LOVE YOUR LIFE BE THE AMAZING YOU LIVE YOUR BEST LIFE

**VISION, PASSION & ACTION = SECRET TO AN ELITE LIFE**

“Life isn’t about finding yourself, it’s about creating yourself”

