



# The Unstuck & Evolve Life Assessment Report

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***Your personalised report to help you to take back  
your personal power and start progressing towards  
living your greatest life!***



# A NOTE TO YOU....

Hey!

*Firstly, well done on taking some time out to invest in yourself.*

*One of the best ways to keep evolving and become better and better with each level of our life is to invest time into your own personal growth and learning more about who you are each day! This is a GREAT habit to develop and will serve you a life time!*

*Now this report will only reflect back to you the things you suspect, may that be you are doing really well at creating and living your most meaningful and fulfilled life (in which case congratulations on your achievement - I know this is the most spiritual journey around) or not doing so well and know that there is more you could do to live a better more fulfilled life... I say to you, well done for starting your journey, it is the scariest yet the most rewarding and exciting journey..*

*Whatever the outcome of this report, please do not use it as beating stick, instead use it as awareness to expand as a person! Know that we all have greatness within us, all we have to do is align to that and this report will help guide from where you are right now!*

*This report is structured in a way to give you some further context so you can better understand the information and how to use it to improve. The analysis is based on your answers and includes some pointers on how you can move forward.*

*I hope you find this valuable asset on your journey!*

*Warmest Wishes,*

*Rob H*

*Founder*

*The Life Mastery Lounge*



# Your Assessment Score

**Score: 81%**

0-50%

**CRITICAL**

Alright friend, this is not looking good, but there is still hope!

You have work to do!

50-65%

**AVERAGE**

Pretty average, your greatest life is anything but average!

You have work to do!

65-85%

**GOOD**

Ok, not doing too bad right now! Well done, but this is still a journey! Keep calibrating for better!

85-100%

**EXCELLENT**

WELL DONE! YOU ARE A SUPERSTAR at this game! Life is still a journey, so don't get comfortable, keep that hunger & live fully in each moment!







# The Important Things...

## A LITTLE ABOUT THE IMPORTANT THINGS ...

Knowing what stage or where you are in your life right now and what are the most important things to you in this stage of your life is like looking up in a dark night for the north star whilst you are lost at sea and no land in sight.

It has the ability to not only keep you going in the right direction, but keep you grounded enough where you can make better decisions that shape your life and all things in it. My advice.. treat the important things like ... well... THEY ARE IMPORTANT!

## YOUR IMPORTANT THING INSIGHTS ...

As you are more aware of the important things that matter to you in your life right now, it is safe to say you are someone who is well on their way in their personal development journey.

Well done to you and congrats for getting started. From here it's all about practising being aware of them when you are making your daily small and big decisions.

Furthermore, understanding the trade-off with not making a decision in alignment to your 'important things' and being aware of what that cost is to you.



# Signs You Are Stuck...

## A LITTLE ABOUT THE SIGNS OF BEING STUCK ...

There is a great saying that goes something like, "You read the label if you are sitting inside the jar". In other words, when you are in the details of living your life every day, you won't really realise what is going on in relation to your big picture unless you take the time out from the details to have a look every now and then.

As we hardly bother to do this for many reasons, being busy etc, we often miss the fact that we are stuck in a rut or heading into one until the struggles and pain sets in.

A good way to look at this is to compare your previous years to gain some insights.

## YOUR INSIGHTS ...

Where you have multiple years all looking very similar and not progressing as much as you would like in your life, this can make you feel unfulfilled or even experience feelings of being unhappy with your life at times. At this point, it's not about beating yourself up about the past, it's all gone and there's nothing you can do about it now.

Instead focus on identifying what caused your results to be like this. Could it be habits, life rhythms, lack of consistency or fears? These are key things to consider and understand about yourself so you can become deliberate and make sure the next year is nothing like the last...

This is where the age-old Einstein theory of madness applies - "To keep doing the same things over and over and expecting different results...is madness" This is also a clear indication of being stuck in your life.

Being aware of what is holding you back is the first step to being able to create lasting change.

You want to understand this problem fully and how to evolve beyond it if you haven't already done so!



# Clarity Is The Real KING...

## A LITTLE ABOUT CLARITY...

Clarity is one of the most underrated concepts around and is usually taken for granted. One of the major contributing factors to being stuck in your life is lack of clarity.

This can often lead to chasing your tail and ending up back where you started. Without crystal clarity we leave room for going off the path and allowing room for frustrations to set in.

That said, if you are someone who operates from your alignment then it can lead down surprising and exciting paths, but the work here is to know yourself and be able to operate from a space of alignment, which takes practice.

It shouldn't be a choice between the clarity and alignment but how to use both!

## YOUR INSIGHTS ...

As of right now, you have the clarity piece on lock!

Great job! Now the challenge is understanding that in the game of life nothing is set in stone and things will change, as change is the only constant. You may have new desires amongst other things.

Regularly review your vision and clarity around all things important to you as well as your purpose to keep it current!



# To Be Successful, You Must **BECOME Successful...**

## **A LITTLE ABOUT BECOMING...**

The major part of achieving success in any endeavour in our lives is the transformation we experience of becoming someone greater than we were at the beginning of that journey!

For example, if you are someone wanting to write books, then you have to become a writer.

## **YOUR INSIGHTS ...**

Where you have indicated that you know who you are becoming, I assume you are being deliberate at creating and becoming this person!

This is the giant piece that is ongoing. Making sure you have all the support, tools, environment and people to keep living your life on your terms and is key to continue becoming the person you want to become. This cannot be left to chance and must be enjoyed.

As we journey through our life, we will have the opportunity to become an even greater person, so be ready to make the changes and evolve at each step!



# Everything Has A Price - Are you Paying More Than You Bargained for...

## A LITTLE ABOUT PAYING THE PRICE...

Ultimately everything has a price. But that I does not necessarily mean financial. This could be at the cost of your happiness, love, peace, a better life or quality of life, having a family etc... this list could go on.

### YOUR INSIGHTS ...

The cost of carrying on the same trajectory as you've indicated is one of a better life for you and your loved ones. Well done thus far!

But this does not mean that it is plain sailing from here. Although you do have got your life together and know yourself a whole lot more. This is where you get to reach for more and create more.

Avoid the trap of getting comfortable. In my experience that only equals discomfort as key foundations start to fade away until you lose grip of them. Instead be ready and choose something new, exciting and worthy to pay the price for to keep expanding yourself and living your potential!

At this point ask yourself this question - "Where can I take this life to?"





# Our Desires Keeps Us In The Game...

## A LITTLE ABOUT DESIRES...

Our desires play an important role, a bit like having a purpose.

Having strong and compelling desires for something acts like a magnet that keeps pulling us towards the things we want. It can help us keep our focus on what we want and therefore using desires to help us achieve our goals and dreams is a smart way to get there, by ramping up our desires for the thing, as long as it serves us.

Desires can work against us, when we aren't progressing towards what we want and can lead to self sabotaging, so be aware of that!

## YOUR INSIGHTS ...

Whilst you have done well to create a strong desire to achieve your goals and dreams, your challenge now becomes one of maintaining that level of desire or even increasing it where possible.

Keep connecting to your purpose on a regular basis to help you do so.



# Our Beliefs Shape Our Reality...

## A LITTLE ABOUT BELIEFS...

Our beliefs really form the lens that we use to create our world. Having good beliefs help us and having limiting beliefs... Well, they limit us.

We don't know all the possibilities available to us because we live in a relative universe. That is everything is relative to something we experience in our world, from a thought level up to a full-blown physical manifestation.

We often form our beliefs on things we experience and considered to be the way things are, or we learn them from those around us and our environment. The bottom line is that they shape the world we are creating for ourselves.

Whilst having a strong belief in your abilities to achieve your goals and dreams is important, what's even more important is knowing what your beliefs are around your goals and dreams.

## YOUR INSIGHTS ...

Where you may well have strong beliefs and good serving beliefs in alignment to your goals, you are on a good path.

This is something you must put importance on maintaining and cultivating more of. Our belief in our abilities to reach our goal helps us to build confidence towards its achievement.

You may already have some understanding of your beliefs and have been doing work in this area to have a great belief system that serves your purpose.

Practice keeping your beliefs aligned and well serving. Should you start to form limiting beliefs then challenge them and understand them fully.

This is another process on the journey to self-mastery to be respected.



# Fear Equals The Limits To The Next Level On Your Journey Of Evolving to Your GREATNESS

## A LITTLE ABOUT FEARS...

When it comes to creating our lives... FEAR is the big daddy that we sneakily operate from a lot of the time, especially when stepping out of the comfort zone.

We often create our reality from fear-based beliefs, which in turn limits our true potential to achieve our next level of evolving as a person... To become the greatest self! And this is where courage walks in the door.

Courage isn't so much about standing up for yourself with some external situation (more often that is the job of the ego) Courage, on the other hand, is standing up to yourself to evolve through these fears that prevent you from experiencing your greatness and becoming your greatest self.

As kids we didn't have so many fears instilled in us early on, everything was like an adventure and fun... we would dare to do the unthinkable... As adults, fear makes us feel safe, we are more aware of limits by the feelings we feel when we approach our fear, which keeps us nicely stepping back into the old us!

Operating from fear in our day to day life is common and can manifest things like feeling tired very quickly, to feeling resistance in our bodies like tension, all the way to full-blown anxieties and sleepless nights.

## YOUR INSIGHTS ...

Where you are already experiencing some symptoms of stress, worry or tiredness, it's safe to say you are most likely operating from your fears (most of us do to different degrees).

This is likely to be a key reason why you are stuck in your life right now. Spending some time to understand these fears and how they are creating your world is an important and part of creating a better world for you and your loved ones!

On your journey to do this you will gain better control of your life.

When you are feeling in control of your life then you have a solid foundations working for you, good healthy habits, life rhythms, day structures and good paradigms to which are creating your world form.

From here its about, reviewing and making the changes with these as your you change and your life changes



## FEARS INSIGHTS CONT...

Feeling uneasy or challenged with your life is a key sign that it is the time for personal growth. If you are operating from your fears, the growth is to evolve beyond those fears so they no longer dictate your identity!

You are most likely dealing with problems as they arise to the point where you feel satisfaction. This is good and the key to keeping your inner peace, as we often swing between dealing with problems depending on their impact.

But more often we tend to avoid them in an attempt to keep our peace, which we find doesn't last very long. When we avoid resolving our problems we are keeping lots of unresolved things that will cause massive energy drains in the form of worry and stress.

This requires a mindset shift as well as a change in identity to become someone who resolves these problems and attains satisfaction as a minimum end result.



# Where Are You Investing Your Creative Resources...

## A LITTLE ABOUT CREATIVE RESOURCES...

Our personal creative resources are our key assets when it comes to creating our life and achieving our dreams and goals. However we tend to squander it on unimportant things to us a lot.

The key creative resources encompass time, energy and focus. As far as I am aware you can't spend one without the other. Wherever we focus is what will expand in our life, and when we focus we spend time and energy focusing, thus where we spend our focus is the key! So..it's not about time management but rather.. Focus management!

## YOUR INSIGHTS ...

Where you are currently spending your creative resources on the things that matter most to you and in pursuit of your goals and dreams, you are being more deliberate with your resources and understand that only in allocating these wisely will you be able to progress towards your goals.

A good practice is to monitor where you are spending these resources each week and always re-align when you go off course, as there are so many things in our modern world that are trying to own your attention.



# Self-Awareness Is The Path to Self Mastery...

## A LITTLE ABOUT SELF AWARENESS...

The common things that shape our world, especially when we are stuck in our life, are our thoughts, feelings, behaviours and habits, all influenced from our vibrational set points.

Thoughts and feelings are impacted by our paradigm and we behave accordingly and when that is repeated enough times we create habits. To practice becoming aware of our thoughts, feelings, and behaviours gives us personal power to be able to change the way we shape our world by noticing when we are running on the default programming (reacting) and then be able to make a deliberate choice about how you want it to be in your world.

## YOUR INSIGHTS ...

As you are someone who is mostly aware of your thoughts and feelings on a daily basis, you are in a better place to take control of your choices and not relying on reacting your way through life. Continue to practice and master self-awareness of your thoughts and feelings so you can be more deliberate with your choices.

Your ability to be more self-aware of your behaviour and habits gives you a great advantage to be able to understand them and where they are coming from.

You can choose to show up as your best self and create habits that align with this. We are always forming new behaviours and habits even by default, so practice this continuously to master it!





Thank you... ♥



## Want To Be part Of the Life Mastery Revolution?

Our environments (both physical and mental) have the ability to influence and shape our life, a bit like that saying that we are the average of the 5 closest people to us...

I found it difficult when I first started to meet like minded people who were at a level where I could have Jedi level conversations and help move ourselves forward towards our goals in life.

Well.. Why not join our FREE Facebook group where you will meet like minded individuals who are also on their life mastery journey where you can get extra support and also support others alike, build great relationships and even friendships. It is also a place where you will find some of my best thinking and resources to help you on your journey!

**[JOIN THE LIFE MASTERY LOUNGE FREE FB GROUP HERE!](#)**