

## HERE ARE THE CONDITIONS OF MY LIFE RIGHT NOW

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CONDITION	NO					YES				
I have made the choice to live	1	2	3	4	5					
It is OK for me to be wrong	1	2	3	4	5					
I am complete with my past. I no longer live there	1	2	3	4	5					
I know what my values are	1	2	3	4	5					
I have no addictions or attachments	1	2	3	4	5					
I am engaged in my life and loving it	1	2	3	4	5					
I have a good, healthy relationship with money	1	2	3	4	5					
I have a healthy active saving/retirement	1	2	3	4	5					
I have healthy, happy relationships with people	1	2	3	4	5					
I do not blame others/circumstances for my life	1	2	3	4	5					
I know my needs/ what I try to get from others	1	2	3	4	5					
I have my basic needs in life met. I want not	1	2	3	4	5					
My stress level is low enough	1	2	3	4	5					
I know and can articulate what drives me	1	2	3	4	5					
I know and can articulate my passion	1	2	3	4	5					
My ego is not in the driver's seat	1	2	3	4	5					
I tell the truth even if it is difficult for me	1	2	3	4	5					
I let other people handle their own emotional responses	1	2	3	4	5					
I have no need to control or manipulate others	1	2	3	4	5					
I pay all my bills ahead of or on time	1	2	3	4	5					
I frequently acknowledge what I am thankful for	1	2	3	4	5					
I am able to ask for what I want	1	2	3	4	5					
I place a high value on my time	1	2	3	4	5					
When I make a mistake, I get it and move on	1	2	3	4	5					
I know what I need to be my best	1	2	3	4	5					
I am able to take necessary risks to have what I want	1	2	3	4	5					
I can laugh at myself	1	2	3	4	5					
I have given up the need to be the victim	1	2	3	4	5					
I am willing to deeply and compassionately question life	1	2	3	4	5					
I only do what I love	1	2	3	4	5					
I am secure with myself	1	2	3	4	5					
I do not need conflict in my life	1	2	3	4	5					
My integrity is rock solid. I do what I say I will do	1	2	3	4	5					
I have given up suffering	1	2	3	4	5					
I have high standards	1	2	3	4	5					
I let others be just the way they are	1	2	3	4	5					
I take really good care of myself daily & constantly	1	2	3	4	5					
I have given up needing to be perfect	1	2	3	4	5					
I have given up needing to be liked	1	2	3	4	5					
I have a good healthy boundary system and I use it	1	2	3	4	5					
I can sit with paradox	1	2	3	4	5					
I have given up having issues to exist	1	2	3	4	5					
I am comfortable when others support me	1	2	3	4	5					
I am comfortable when others compliment me	1	2	3	4	5					
I have a light playfulness with life	1	2	3	4	5					
I can take advantages of opportunities	1	2	3	4	5					
I listen to and value my intuition	1	2	3	4	5					
I have a source of higher power/God in my life	1	2	3	4	5					