

Learning To Fly Self-Assessment

Welcome to "Learning to Fly" – a journey of self-discovery, empowerment, and transformation. This program is a deep dive into who you are and who you aspire to become. And it is so much more.

If you find yourself in midlife chaos and think, will this ever change? The answer is yes, but you must ask yourself if you are ready?

I would ask – if not now – when?

Before you embark on this or any adventure, it's essential to first pause and assess where you stand. Are you ready to rediscover your fabulous self, embrace self-love, and celebrate your life's achievements? And all the other stuff I have waiting for you in Learning to Fly.

This eBook is designed to guide you through a series of reflective and introspective questions that mirror the 12 transformative steps of our program. Each question had been designed to provoke thought, inspire introspection, and help you towards a deeper understanding of your inner world. The answers you find will illuminate your readiness for this journey.

Grab your journal, and as you navigate through these questions, remember that this process is about honesty and openness with yourself. There's no right or wrong answer, only what's true for you. Your responses will lay the groundwork for the transformative experiences ahead, helping you engage with each step of the program.

So, take a deep breath, pick up your pen, and begin this beautiful journey of self-exploration and growth. Are you ready to fly?

Learning To Fly Assessment

Steps 1 - 4: Rediscovering Self and Establishing Worth

Step 1: Rediscovering My Fabulous Self

- What are three unique strengths or qualities you love about yourself?
- Reflect on a time when you felt genuinely happy and fulfilled. What were you doing, and what does this say about your true self?

Step 2: Choose You

- In what areas of your life do you often compromise your needs for others?
- How can prioritising your own needs positively impact your life and relationships?

Step 3: Self-Love

- How do you demonstrate love to yourself on a daily and weekly basis?
- What are some barriers you face in practising self-love, and how might you overcome them?

Step 4: Self-Worth

- What does self-worth mean to you, and how do you measure it in your life?
- Can you identify any beliefs or experiences that have negatively impacted your sense of self-worth?

Steps 5 - 8: Building Acceptance and Confidence

Step 5: Acceptance

- What are some aspects of yourself or your life you find hard to accept, and why?

- How might your life change if you fully accepted these aspects?

Step 6: Life Strategy

- What are your top three life goals currently?
- How do your daily actions align with these goals, and what changes might you need to make?

Step 7: Self-Confidence

- What situations make you feel most confident, and why?
- How can you apply the feelings or actions from these situations to areas where you feel less confident?

Step 8: Art Of Confident Living

- Describe a day in your life where you live confidently in every aspect. What does it look like?
- What are the first three steps you can take towards living this confident life daily?

Steps 9 - 12: Pursuing Passion and Celebrating Achievements

Step 9: Passion & Your Passion Project

- What activities make you lose track of time or feel most alive?
- How can you integrate these passions more fully into your daily life or career?

Step 10: Manifesting Magic

- What does the term 'manifesting' mean to you, and how have you experienced it in your life?
- What is something you wish to manifest in the next year, and why?

Step 11: Inner Peace and Reflection

- What practices help you achieve a state of inner peace and reflection?
- When you reflect on your life so far, what are you most grateful for?

Step 12: Celebration

- How do you typically celebrate your achievements, big or small?
- What recent achievement or personal growth moment are you proud of that you haven't celebrated yet?

Thank you for taking the time to answer the questions. I hope that you found them insightful.

Are you ready to fly?

Learning To Fly

To discover more about Learning To Fly, head here -
<https://www.accendcreatives.com/learning-to-fly>

To book a discovery call, head here -
<https://www.accendcreatives.com/booking-calendar/let-s-explore-meeting>