

A Special Gift

The Trials of Life Impacts Checklist

Mark the items which apply to you and are impacting your success and well-being.

#1 Stress:

___ **Job Related:** You have significant fear of job loss, are experiencing on-the-job conflicts, escalating demands or ongoing uncertainty in your job.

___ **Health:** Stress is affecting your physical and/or mental health. You can see it in your appearance and can feel the impacts: headaches, digestive issues, depression, anxiety, high blood pressure or other symptoms.

#2 Relationships:

___ Issues in your **marriage or dating relationship** are growing vs resolving.

___ You feel **isolation and loneliness:** without support of a social group, don't belong...

#3 Negative Thinking:

___ Anxiety and fear continually **holds you back** from critical decision making.

___ Your lack of confidence repeatedly leads to **missed opportunities.**

___ **You've lost hope,** negative attitudes pervade your thinking.

___ Projecting negative energy and outcomes **pushes others away.**

#4 Transition:

___ You find yourself in the middle of a **career transition.**

___ You are facing a divorce or painful **transition of a long-term relationship.**

___ **You are facing life transition,** trying to find your way through or questioning who you are supposed to be now.