

Transformational LifeCoaching

www.edassessolutions.com

Review the list below. Mark the behaviors that you engage in and add others you can think of that most likely fall in one category or the other. While you may think some bring you pleasure, that does not mean the behavior is supportive of your energy flow. Total your score. Are you strongly positive? Neutral? Negative? This activity should bring more awareness to your day to day choices and help keep you more aligned to your greater purpose. (You do know your greater purpose, right?)

<u>Light</u>	<u>+1</u>	<u>Dark</u>	<u>-1</u>
Complimenting		Drinking excessive alcohol	
Journaling		Smoking	
Laughing		Fighting/arguing	
Completing tasks		Eating processed foods	
Eating whole foods		Criticizing	
Praying		Complaining	
Meditating		Judging	
Making love		Loveless sex	
Setting goals		Poking fun	
Being with friends and family		Wishing ill upon another	
Light Total		Dark Total	
Grand Total (Light + Dark)			