

# Assessment Summary

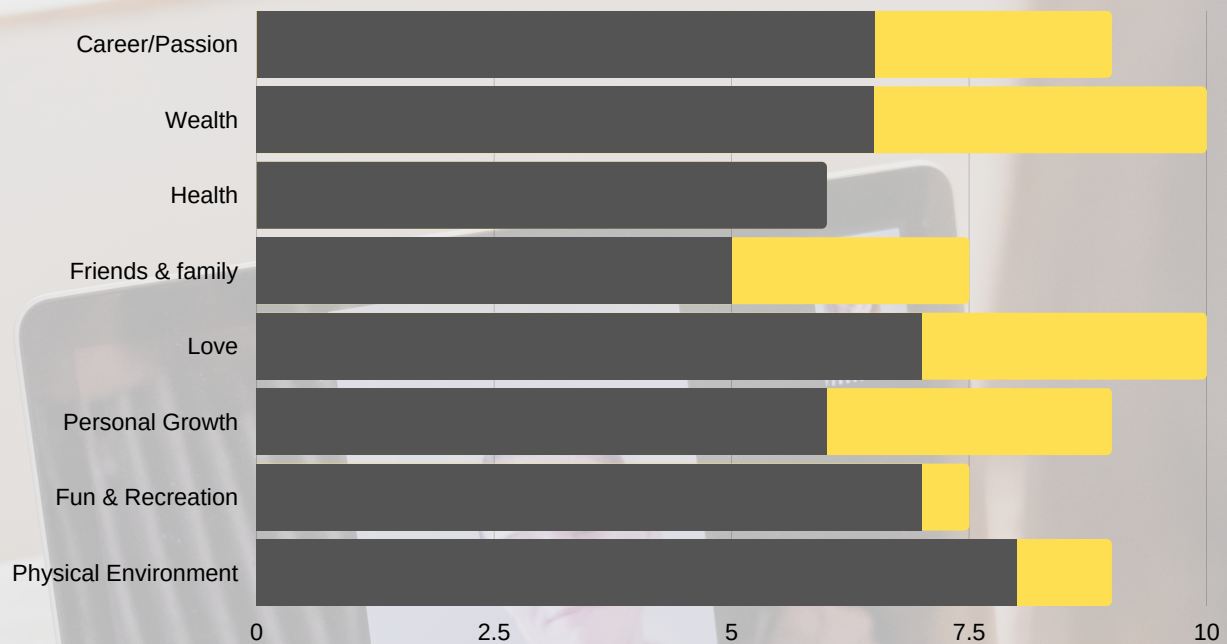
**Get from grey**

**go to  
yellow**

Embrace a process to redefine success and restore life balance



# Growth Chart



## The key drivers

In the assessment, it became clear that the key drivers are:

- Facilitating your children's future education, financial security, and having an impactful relationship.
- To work with your energy and not against it. Allowing you to be a recognised creative expert in the industry.

## The top three focus areas



Career/Passion



Personal Growth



Wealth

6.5

**Career / Passion**

You have high standards which cause you to procrastinate or hold yourself back. You feel although you are doing well in the business, but would like to work on your passions.

9

**Career / Passion**

You want to achieve a 9. This means the right work-life balance, enjoying what you do, only working on the things you want, and being paid the right amount. 9 means you are feeling fulfilled.

6.5

**Wealth**

Your personal billing impacts what you earn as you are undercharging. Increasing this will allow you to invest more in pensions. As for assets, you already have a lovely house.

10

**Wealth**

10 means that you are paid handsomely to the level of your work, allowing you to travel, provide an education for the kids, and save for their future.

6

## Health

Currently lacking in energy and still recovering from cancer. You are working with a psychotherapist to manage your mental and emotional well-being. You feel 6 is reasonable as less focused on spiritual health.

10

## Health

10 means you are fit, healthy, have weight management, active interest in looking after your body, better eating habits, and improved overall mental position - able to better deal with past experiences and practically move forward.

5

## Family & Friends

You have less time to spend with friends as some live abroad. Although you see them more regularly, a broader group of friends are not as close to meeting your needs which means your score is at a 5. Your family dynamics are better - close to your sister and parents, plus they live close by.

7.5

## Family & Friends

Family is family - happy with spending time together. You'd like to grow to 7.5, which means you feel comfortable having difficult conversations with friends who have the understanding and appreciation. Incremental improvements are your preferred goal.



7

**Love**

You and your partner are on the same wavelength. The score feels strong for your relationship. You are often spending time together and satisfying your love languages.

10

**Love**

10 is the goal for you. This means continuing to honour your love languages. Respecting each other needs. You are in a sound position to get better together, especially through rough patches.

6

**Personal Growth**

You struggle with time management, discipline, and planning. Knowing your direction and presenting is good, but it could be more polished. You recognise that school bullying and an abusive relationship has led you to doubt yourself. You are always putting other people first before your own needs.

9

**Personal Growth**

9 is important to your growth. It means you understand yourself objectively, reflect, and evaluate. To be disciplined, manage and respect your time, and teach others to respect it too. You want to know and own your identity. You want to recognise triggers in the moment and work with them to move forwards.

7

## Fun & Recreation

Your ex used to make me feel guilty about golf - it has only been 3 years since getting back into it. Mountain biking and cycling are an interest, and your are doing this more without guilt.

7.5

## Fun & Recreation

You feel this area requires little focus. 0.5 means you are playing more with the kids and travelling. You would love to maintain this while everything else improves.

8

## Physical Environment

You live in a gorgeous house with your partner. You redecorated to make it your own. It is near all the family and a mainline train station to the town. Overall, a great location. Your home is exactly how you want it to be. This has had a massive effect on your mindset and the quality of your work.

9

## Physical Environment

To feel Yellow, 9 would mean the garden and outdoor spaces are improved. Everything else is in a very good place and it is a place called home.



# Success Metric

If you work with Go To Yellow, these are the success metrics we will be working on

- ✓ To uncover what ignites your passion so you can do what you love and feel energised and fulfilled whilst paid accordingly to your excellence.
- ✓ To plan for your future without overworking and be mindful of your work activities that generate the best results for growth.
- ✓ To understand yourself objectively, reflect, and evaluate before evolving again.
- ✓ To live in the moment and not consumed by past experiences.
- ✓ To be disciplined, managing and respecting your time, and teaching others to respect it too.



# Program Options

These are the suggested programs to consider



## Focus & Direction and Productivity & Energy

Declutter your mind with your life plan in 12 weeks – and become the author of your extraordinary life.

Reclaim 11 hours per week – and spend it on increasing your productivity and improving your wellbeing.

## The Yellow Program

This program is the highest standard coaching program that includes all the above and Freedom & Fulfilment; Be your own best friend in 10 weeks – confident and living life on your terms... without guilt.

PLUS upgrades with external experts in hypnotherapy and diet.

[Schedule your review call to discuss these suggested programs here](#)