What’s Your MUSICALS Score?

Creating a New Roadmap for Your Next Chapter

Symphony of Your Soul
Calling Forth Your Greatness

with Julia Mattern
What's Your **MUSICALS** Score?

*Creating a New Roadmap for Your Next Chapter*

**Welcome!**

You're a woman over 40 who wants "more".

You want a life and career that makes your heart sing.

Yet here you are at a crossroads, feeling stuck.

You want a clear path forward, yet you're going around in circles up in your head trying to figure it all out.

**Here's the challenge:** the old roadmap that got you here isn't going to get you where you really want to go. And I can't stand the thought of you wasting any more time going down this path.

I understand what it's like to feel stuck, like you're not getting anywhere and you can't see any options.

It's ok. You're perfectly normal.

To create your new path, you need a guide, someone who's been there before, and you need a new map.

You want your life to feel like a harmonious symphony. To create that kind of beautiful music, you need what's called a musical score.

A **musical score is the roadmap that musicians follow in performances.** Like musicians, we're all more successful in life when we have a roadmap, a plan, a musical score to follow.

The first step to a new roadmap is to determine where you're starting from. That way we can create the best map for you, right where you are.

That's what this assessment and workbook are for. **It's like the "you are here" map** at the mall: a starting place and a snapshot of this current moment in time.

So, let's get started, ok?
Before You Begin

Clear an hour in your schedule.

Grab a cup of your favorite beverage.

Shut off all distractions like your computer and cell phone. Take a moment to breathe and center yourself.

As you consider each area on the following pages, don't overanalyze it or write down a number because you think you "should". Just go with whatever pops into your head first.

One last thing: There's no "right" answers or prizes for going the fastest. Ready?

**Please rate your current level of satisfaction with each area of your life on a scale of 1-10, following the guidelines below:**

1 = I'm totally dissatisfied with this area of my life

3 = For the most part, things are not really going the way I'd like in this area

5 = I'm not really sure how satisfied I am

7 = Most of the time, things are going pretty well and I feel like I'm moving in the right direction

10 = I'm extremely satisfied with this area of my life
Material: Your physical environment and surroundings.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Is your physical environment (home, office, car) clean and organized?
- Is it comfortable?
- Does it reflect your personality and interests?
- Are you inspired by your environment?
- Does it evoke positive emotions?
- Does it evoke a sense of peace and calm?

Your Score for MATERIAL: _____

Unions: Your relationships, family, marriage, friends, community and connection.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Do you have a good social network?
- Friends with whom you can talk, confide and socialize?
- Do you belong to groups or organizations that help develop a greater sense of community and connection?
- Do you have opportunities to meet new people?
- Are your relationships with family members and friends open and loving?
- Are your relationships nurturing and supportive?
- Is there intimacy in your relationship with your spouse or significant other?

Your Score for UNIONS: _____
Spirituality: Your relationship to a higher power, spiritual practices, sense of purpose.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Do you understand your place in the universe?
- Are you connected to a higher power?
- Do you engage in regular spiritual practices?
- Do you have a good sense of purpose and meaning in your life?
- Do you have a strong connection to the world around you?
- A strong connection to your higher self?

Your Score for SPIRITUALITY: _____

Inspiration: Your self-improvement, personal growth and development, learning.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Are you continually seeking new experiences and learning new things?
- Do you have opportunities for personal growth?
- Are the things you do growing you as a person and moving you in your desired direction?
- Are you developing yourself to your highest potential?

Your Score for INSPIRATION: _____
Career: Your job, business, passions, callings.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Are you doing work that’s meaningful, fulfilling and in alignment with your values and purpose?
- Are there opportunities for advancement?
- Do you feel passionate and energized about your work?
- Does your work allow you to use your greatest talents and strengths?
- Are you satisfied with the direction your career is heading?

Your Score for CAREER: ____

Abundance: Your finances and prosperity.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Do you earn enough money to support your desired lifestyle?
- Do you have empowering beliefs around money?
- Do you have good saving habits and a solid nest egg for your future?
- Do you have a good credit score and pay bills on time?
- Do you engage in regular financial planning?

Your Score for ABUNDANCE: ____
**Lifestyle:** Your health and wellness, vitality, fitness and well-being.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Do you practice good health habits, such as eating well, getting enough sleep and exercising regularly?
- Do you manage stress well?
- Do you bounce back quickly from setbacks?
- Do you maintain a good level of fitness?
- Do you have enough energy to get through the day and pursue activities you enjoy?

**Your Score for LIFESTYLE:** _____

**Social Life:** Your adventure, fun and recreation.

What’s your current level of satisfaction with this area of your life?

Here are some questions to consider while you rate this category:

- Do you have regular opportunities for play and fun in your life?
- Do you take frequent breaks and vacations to recharge?
- Do you make time for hobbies, relationships and other things that bring you joy?
- Do you laugh often?
- Do you get out in the world and explore new places?

**Your Score for SOCIAL LIFE:** _____
Congratulations! You've gotten your MUSICALS score.

What's Your MUSICALS Score?

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Your Scores

Here:

**MATERIAL**
- Your physical environment and surroundings

**UNIONS**
- Your relationships, family, marriage, friends, community and connection

**SPIRITUALITY**
- Your relationship to a higher power, spiritual practices, sense of purpose

**INSPIRATION**
- Your self-improvement, personal growth and development, learning

**CAREER**
- Your job, business, passions, callings

**ABUNDANCE**
- Your finances and prosperity

**LIFESTYLE**
- Your health and wellness, vitality, fitness and well-being

**SOCIAL LIFE**
- Your adventure, fun and recreation

So now what?

Let's look at your numbers.
In fact, you might want to copy them into the grid on this page so they're all in one place.

Take a few minutes to reflect on your scores.

Then answer the questions on the following pages.
What do you notice about your scores?

What surprises you?

What disappoints you?

What are you not paying enough attention to right now?

What would you most like to improve?

Now that you have seen general trends, are you ready for a little bit deeper dive?  Good!
Let's take a look at your top three scores. Write them here, starting with the highest score first.

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For each of these top three, consider what made your score so high?

What does success in that area bring you?

What does success in that area feel like?

What's important to you about having success in that area?
Now let's look at your lowest three scores. Write them here, starting with the lowest score first.

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For each of these, consider what made your score so low?

What would you need to raise it one point? What would that look and feel like?

What would you need to raise it to a ten? What would that look and feel like?

What would more success in that area bring you?

What's important about that to you?

What's one thing you can do today to move in that direction?
So now that you have a better picture of where you are now and where you want to go, what's next?

Start here:
Looking at what you wrote on the previous pages, what actions might help you achieve your goals?

What support might you need to help you take action and achieve your goals?

**Did you have some areas that scored low?** You're not alone. It's actually very common for people in transition and this is where coaching can help you. Or maybe you're low in just one or two areas. That's also a place where coaching can help you explore what you'd need to make it a 10 and create an action plan for success.

**You may be feeling overwhelmed.** That's perfectly normal, too. The best way to deal with overwhelm is to break it down to manageable pieces. Choose one area. What's one thing that you'd like to be different in that area and one concrete action you can take?

For example, let's say you scored low in Environment and would like your home to be more organized and beautiful. You could pick one room in your house to declutter or to add some new decor. Maybe you scored low in Unions and would like to have more connection in your life. You could pick one person to reach out to today and make plans to get together or you could find a new group of people with common interests and attend a meeting.

**It doesn't have to be hard and it's important to take that first step!**

Commit to doing it this week. You're worth it!
Write out your commitment to yourself.

The first action step I will take is:

Resources/support needed to help me take that step:

Do you want to build on this process?

Coaching can help support you and hold you accountable for making changes, so you can create exactly what you want in your life and career.

If you're ready to do something meaningful with your life that actually speaks to you at the soul level, visit my website to schedule a free, no-obligation consultation and learn how I can help you to create a life and career you love.
Meet Julia

I'm a Teacher at Heart.

I'm curious. I love to learn new things, share my knowledge with others and experience the satisfaction of helping people learn, stretch and grow. I also love the creative and expressive nature of music, the way it touches and feeds my soul. For over 20 years, I happily combined my passions through teaching and performing music.

My Work Got Me Fascinated With People

I started wondering what really makes people tick and why some people succeed beyond their wildest dreams, while others struggle to reach their potential. I began to study successful people and to intentionally apply their principles. Teaching music was a wonderful way to try out some of the things I was learning.

Meanwhile...

I got tenure and advanced through the ranks. My career looked great on paper and I had a job that most musicians would envy. I should have been getting happier and more fulfilled. Instead, all the focus on accomplishments was just burning me out, making me more and more fatigued and eventually bored. I longed to be more than my resume and to express more of my feminine essence.

Then the Unthinkable Happened

My father died suddenly, leaving unfinished all those things he said he would do “when he had the time”. Around this time, I learned from Dr. Christiane Northrup that it’s perfectly natural for women at midlife to question who they are and what they’re doing. I realized I was, in her words, “dying for my benefits”. It was time to do something different with my life. The genie was out of the bottle. There was no turning back.

From Professor to Life Coach

I started looking at what was really important to me, what made me feel alive. I wanted to make a difference, to inspire authentic self-expression in people and champion their potential. And that's what coaching is all about. So, I got trained and certified by The Coaches Training Institute, the largest coach training school in the world. Now, I help women like you create lives and careers they love.

The skills I developed while teaching help me organize and analyze details. Music helps me see the big picture, make connections between all the pieces of my clients' lives, and have empathy and compassion for their journey. Through coaching, I have the joy of helping clients discover who they really are and what matters to them, to find their authentic voice and express it in the world.
Ready to Get Started?
If my story resonates with you, I invite you to schedule a free, no-obligation consultation with me. We'll explore creating a life and career you love and make sure you and I are a good fit. Get started at http://www.juliamatternlifecoaching.com

What Clients Are Saying:

"I highly recommend Julia to guide you in finding your own 'true north'."

Julia is an insightful, compassionate spirit who is skillfully guiding me to rediscover my true passions in life, and learn how to live them. Her wisdom and beautiful sense of humor make this process an inviting journey that I look forward to. Our discussions don't just focus on ideas, hopes and dreams, but include specific markers that let me know if I am attaining my true passions. I am also learning new ways to approach the roadblocks in life that have kept me from living my dreams.

If you are someone who desires a more fulfilling life, I highly recommend Julia to guide you in finding your own "true north". She is a rare and precious gift who feeds my soul.

Colleen Corcoran-Davis, Louisville, Colorado, Professional Organizer

"I can move forward with confidence, due to what I discovered through coaching."

When I began career coaching with Julia, I thought I would do a couple exercises to find out what I was good at and what I liked, get the job of my dreams and that would be that. What I didn't expect was the process being so much more than I could have ever dreamed!

Julia helped me clarify what was important in a job. Not what others expected of me, or what I "should" do, but what I really wanted and expected. Through working with Julia, I not only got my ideal job, but more important, I became a better professional and human being. Julia helped me learn to make good decisions based on my values and what really matters to me.

Now, I know no matter what happens in the future, I can move forward with confidence, due to what I discovered through coaching. Julia has a unique perspective. She can make observations that are difficult for friends and family to share with you. I cannot thank her enough.

Angela Vorndran, RN, Indianapolis, IN, Nursing Professional

"I can’t thank Julia enough for helping me make my dreams and aspirations come true."

As a career woman, wife and mom, I had decided to pursue my interest in Health Coaching, but didn’t quite know how to make my interest into a profession. I wasn’t entirely sure what I wanted to do with my new opportunity and how it would fit into my life.

Thanks to Julia’s coaching, I was able to see how I could make my vision into a reality and that the rest of my life wouldn’t suffer as a result. Julia allowed me to express my thoughts, feelings and desires, and by talking them through and setting goals, I was able to take the leap into balancing a new career, maintaining an existing one, and still being the wife and mother I’d always been proud to be.

Julia is a wonderful coach who is encouraging, inspiring and very gifted. She understands that we all need to express our life dreams to create true happiness and health. Anyone who has the opportunity to work with her should consider themselves incredibly fortunate to know her. I can’t thank Julia enough for helping me make my dreams and aspirations come true.

Jeannie Spiro, Rhode Island