



Fulfill Your Potential. Next Level Transform.

Consciously Create Your Best Self & Life! A Whole Life Assessment Mini-Class

** This digital download is a fillable, PDF handout to be used with my mini-class video of the same name. Please turn to page 1 here, when you're ready to watch/take class!*

Welcome!

I'm Jen Mac & I'm so happy you're taking my mini-class as I wish for you incredible, positive transformations both personally AND professionally. With 20+ years of experience as a life coach, I've served over 2,000 clients from around the world. If you're ready to next-level transform, then I'm ready to help YOU too! See you in class shortly...



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EXERCISE 1: DEFINING & TAKING STOCK

1. What is a “beautiful life” for YOU... personally & professionally? Define it for yourself here.



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2. In your own opinion, on a scale from 1 to 10 (10 being ideal), where do you currently fall right now, as far as being the best YOU, you can be?

3. Why?

4. In your own opinion, on a scale from 1 to 10 (10 being ideal) where do you currently fall right now, as far as living your best, most fulfilling life?

5. Why?



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**EXERCISE 2: THE 7 FACETS OF OUR BEING
CHECK OFF YOUR 2 CHOICES BELOW...**

MENTAL

EMOTIONAL

SPIRITUAL

PHYSICAL

CAREER

RELATIONSHIPS

FINANCES



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1. Below, pinpoint exactly what the issue is for YOU within each one of the 2 facets of your being that you chose. Then...
2. For each facet, choose 1 way (under 2. A) that you could begin to now take action each & every day to start positively changing this. **Please Note:** make sure both are specific, action steps. Nothing vague!

YOUR CHOSEN FACET #1:

1. YOUR ISSUE IN THIS AREA IS:

2. A. YOUR 1, SPECIFIC, DAILY ACTION STEP IS:

YOUR CHOSEN FACET #2:

1. YOUR ISSUE IN THIS AREA IS:

2. A. YOUR 1, SPECIFIC, DAILY ACTION STEP IS:



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YOUR 30 DAY BEAUTIFUL LIFE CHALLENGE!

Write down below, your 2 fun, action steps you're choosing to take daily for these next 30 days!

MY DAILY PLAN...

Daily Action Step 1:

Daily Action Step 2:



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(EXAMPLES FOR YOU!)

EXERCISE 1: DEFINING & TAKING STOCK

1. What is a “beautiful life” for YOU... personally & professionally? Define it for yourself here below.

*A beautiful life for ME, is waking up naturally around 5 or 5:30am, after a night of deep, restful sleep. I awake to the smell of delicious, hot organic coffee brewing & have feelings of excitement & gratitude to start my day. I do my a.m. prayer & meditation, then after I begin sipping my coffee for a leisurely few minutes, spring up to dress in my workout clothes to move my body in any way FUN for me; yin yoga, Zumba, dance, a barre class or a nice long walk. I enjoy doing any of these to great music as a way to set the tone for my day. Afterwards, I take a nice, hot shower & dress for work. I then make sure both kids are up, have made their beds, showered, dressed & are eating something healthy & fueling to start their day. After kissing them goodbye, I start my work day in my home office. I enjoy every single client I work with so I'm fully engaged & feeling purposeful. I give my all & use my knowledge & wisdom to help each client... whether it's 1 on 1, a group class or training. My work day also has plenty of time buffered in between appointments, so when things take longer than imagined I still have time to use the restroom, grab a snack, etc. After my work day's complete, I prep for tomorrow by dumping out all my to do's on my ABC To Do List & reprioritize them quickly & easily for the next day. It feels great to wrap my day knowing what's up next & that all is already prepared for tomorrow! I then change into my super comfy leisure clothes to begin decompressing from my day. I read a great book or watch a few episodes or spend time with the kids through either an activity or perhaps an after school event they have. We enjoy dinner together whenever possible as a family & share the high points & lessons from our day. **(Cont'd on page 8.)***



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I naturally fall asleep easily around 10-10:30pm feeling accomplished & full. On weekends I enjoy doing our home or personal chores in the early mornings as well as checking in or wrapping up for the weekend anything in regards to our family businesses. Then, heading out to enjoy an activity with my hubby & kids. In winter months a movie or meal out or playing a family game or puzzling. In the warmer months a long walk in the national park, swimming with friends or a picnic & day trip somewhere. Several times a year I enjoy us all being able to get away to unwind & recharge, as well as see another beautiful place in our world. It's fun to meet the people who live there or also visit there & enjoy local cuisine & learn about & experience the culture there. Getting away several times a year allows me built in distance & perspective from all things within my work & personal life. I crave it! I'd also love us to have a family dog & to make some upgrades to our home now that the kids aren't so little. This is what a beautiful life is for ME, at this next stage & chapter of my working & living!



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2. In your own opinion, on a scale from 1 to 10 (10 being ideal), where do you currently fall right now, as far as being the best YOU, you can be? **8**

3. Why?

As far as being the best me I can be, on a scale of 1-10, I feel I'm presently an 8. Reasons being are coming out of this winter season, I'd like to now get my physical self into even greater shape. I'd also like to start getting out more again, both socially & more physically active on my weekends. Lastly, I feel like there are a few aspects of my life like our home & my career where I'd like to improve & positively expand a few things that I'm feeling the energy for now, at this next stage & chapter of both my working & living.

4. In your own opinion, on a scale from 1 to 10 (10 being ideal) where do you currently fall right now, as far as living your best, most fulfilling life? **9**

5. Why?

As far as living my best, most fulfilling life, on a scale of 1-10, I feel I'm presently at a 9. The number I chose is so high because day to day I feel really happy, fulfilled & blessed... in my marriage, living in our home & with our kids. I also feel really fulfilled by the work I do because it's who I am. Even so, there are still several aspects of my life I'd most definitely like to positively expand in this & future chapters of my working & living. 1. I'd like to keep expanding my work so I can help even more women. 2. I'd like to expand & improve things within our home so we can enjoy it even more & host all those we love in a variety of super fun ways! (I'm feeling the energy to do this now that the kids are a bit older.) 3. I'd also like to get back to more traveling & seeing more of our beautiful world again.



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EXERCISE 2: THE 7 FACETS OF OUR BEING

MENTAL: Our mental well being. How well we feel mentally every 24 hours. So how clear are your thoughts daily? How calm or quiet is your mind daily? How positive are the thoughts you're thinking daily? If you're currently not feeling so clear in your thinking or if your mind races a lot or your thoughts are very negative, this might be an area to focus on improving & positively changing these next 30 days... so you can begin to move yourself a day at a time towards your vision for your beautiful life!

EMOTIONAL: Our energy in motion. "E" motion is our energy in motion. So how are you feeling energetically these days? If you're feeling a lot of depleting emotions daily, like stress, sadness, anxiety, anger or jealousy... more than you're feeling renewing emotions like love, compassion, kindness, joy & peace, then this might be 1 of your 2 facets that you'd like to focus on starting to improve for yourself these next 30 days!

SPIRITUAL: Our true spirit. Does your true essence/true self feel fulfilled right now? Or fulfilled enough? Meaning, are most of the things you spend your days doing, authentically YOU & they make your heart full? Do you feel in alignment & like you're also feeding your spirit daily with the right people who love & support you & the things you do? If not, this might be a facet to focus on starting to improve these next 30 days!

PHYSICAL: Our physical well being. Do you feel like you're taking great care of your physical self & do you feel physically great? Are you feeling good too, about how you look physically? Also, are you moving your body daily, putting good things into it that fuel you or not so much? If not, this might be a facet to focus on these next 30 days!

WORK/CAREER: Our daily work. Do you have work or a career that adds to your life? That you enjoy & feel like makes the world a bit better? If not, maybe this is an area you want to work towards making improvement or change around. Doing something you love or that adds more value to your life or makes the world a bit better & you feel compensated nicely for your time, talent & energy. If yes, this might be 1 of your 2 focuses!

RELATIONSHIPS: Our relational well being. Do you feel your closest relationships are healthy & positively add to your life? Are they reciprocal with good communication? Or are some feeling toxic or upsetting & it's time you worked on positively changing some of the dynamics in them or moving away from some of them? Replacing that time spent with perhaps others who are better to you & more appreciative of who you are.

FINANCES: Our financial well being. Are your finances in order in a way that keep you feeling safe, secure & relaxed? Are you financially fit right now? Respecting your financial commitments & living within your means or the opposite? Do you feel like you're not so financially fit & need to focus on cleaning this up for yourself? Improving it a bit? Making it better for yourself? If so, perhaps this is 1 of your 2 facets to focus on!



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2. For each facet, choose 1 way (under 2. A) that you could begin to now take action each & every day to start positively changing this. **Please Note:** make sure both are specific, action steps. Nothing vague!

MY CHOSEN FACET #1: Physical

1. ISSUE: *What needs to change in this area of my life is now that winter's over, I need to get more active, as well as out & about again. I'd like to become much more active daily... so I can take my physical well being to an even better place.*

2. A. YOUR 1, SPECIFIC DAILY, ACTION STEP IS: *Move my body daily now for at least 30-60 minutes a day. Ideally, getting outside of the house to move for either a long walk or yoga class outside or away from the house. This way I'm also more social, which supports my 2nd choice below too! Specifically how I'll do this is each night before I get into bed, I'll decide what fun physical exercise I'll do that next morning, dependent on weather, how I'm feeling, etc. Still, I'll have my plan set to go before I go to sleep!*

MY CHOSEN FACET #2: Relationships

1. ISSUE: *What's not ideal here is because of what's going on in our world presently, I haven't had as much in person contact as I crave & need. Therefore, now that the weather's warming up, I plan to get outside of the house more, meeting up with a friend for a walk at the park or for a lunch date outdoors.*

2. A. YOUR 1, SPECIFIC DAILY, ACTION STEP IS: *Sunday mornings, I'll now schedule out 1 lunch date for that Thurs. &/or Fri, to meet with someone other than my hubby & kids for quality, in person time with others I love. The other 5-6 days per week, I'll make a phone call during my lunch break to say hi & chat with a friend for a few! Feels good just thinking about it!*



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YOUR 30 DAY BEAUTIFUL LIFE CHALLENGE!

Write down below, your 2 fun, action steps you're choosing to take daily for these next 30 days!

MY DAILY PLAN...

Daily Action Step 1:

Every night before bed, I've alarmed my iPhone to go off to remind me to take a look at the weather & decide based on how I'm feeling too, what kind of physical movement I'll get in tomorrow morning. My goal is make a plan nightly so every next day I move my body for at least 30-60 min. that day. I'll then schedule it into my calendar as an appointment.

Daily Action Step 2:

Each day on my lunch hour, I'll dial a friend to say hello at the very least... & hopefully chat for a bit too! On Sundays, I'll make a lunch date with a friend for that Thursday or Friday when I can get away from my work for an extended 90 minutes. Very excited about doing this! I've also alarmed my phone on Sundays at 10am to remind me to do this.



YOU CAN DO IT... FULFILL YOUR POTENTIAL!

Ready To Transform 1 Or More Areas Of Your Personal Or Professional Life?

If you have a present goal, dream or next-level desire but feel lost, overwhelmed or stuck, working with an experienced & proven life coach like myself can make ALL the difference! Whether you crave to be in a loving relationship, to be a better communicator, to be more financially competent, to be living a healthier lifestyle, to better manage your feelings, to be a more present parent, to be a better leader in your career or other, I can help YOU get from where you are to where you'd like to be!

ABOUT JEN MAC: LIFE COACH & SPEAKER FOR LEADERS, ASPIRING LEADERS, DOERS & LEARNERS

As an in demand life coach for 20+ years, Jen's helped over 2,000 clients achieve their own next-level goals & new definitions of success! If you're ready to level up & transform ANY area of your life; living with more awareness, positivity, kindness, fulfillment & success, then Jen looks forward to guiding & supporting YOU next!



As Featured In

Health

Psychology Today

THE
HUFFINGTON
POST

YAHOO!

The
New York
Times

The Intelligent
Optimist

LEARNVEST

Forbes

"I had the good fortune of meeting Jen Mac at a vulnerable time in my life; recently separated, mother of 2 toddlers & at a cross roads in my career. Jen taught me how to find my voice & realize my self-worth. Through her teachings I was able to make clear headed decisions, ask for what I deserved & ultimately land in a healthy, thriving marriage & career. She set me on a right path to lead a life that prioritizes me over anything else. Although that may sound egocentric, it's not. Taking care of my needs before others has made me a better mom, wife, friend, leader & co-worker. I'll be forever grateful to Jen Mac's coaching devoted to my well-being & growth as a woman."

— Linda Gesell, President of Operations, Atrium

WORK WITH JEN!

Jen coaches privately & has a variety of offerings, helping her clients fulfill their potential & next-level transform personally AND professionally. [To learn more, click here.](#)

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