

**REINVENT  
YOUR LIFE**

# W E L C O M E

*Hi lovely,*

I know, Life can be overwhelming sometimes, specially when we have a laidback approach towards it.

If you feel stuck in your life, you might find the need to reinvent yourselves and intentionally follow new routines and habits that'll help you to create the life you desire.

# The 3 step process

In order to have a significant life transformation,

1. You first need to take full responsibility of your current situations.

2. Next, you need to come up with a self improvement plan to change your life.

3. And lastly, you need to track your progress continuously to keep a check if your actions are aligned with your goals.

*note:*

Use this workbook to examine various aspects of our lives, then evaluate them and eventually create an actionable plan to improve in each of these areas. You have to be intentional in your actions to create the life that you want.

# 6 AREAS OF LIFE TO FOCUS ON



Here's an exercise to help you assess your progress in six major areas of your life.

Begin evaluating yourself in each of the areas listed below.

**Be completely honest;** this exercise is designed to help you determine whether or not you are living up to your true potential.

To change your life, you need to first assess your current situation. These are the six factors that would influence your transformation.



# career CAREER

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Think about your professional life. Ask yourself if you are where you want to be or are you going on the right path? Or, like most people, you despise what you're doing?

Evaluate your career on a scale of 1 to 10. In this case, 1 means your job is terrible, you don't like going to work everyday. And a score of 10 indicates that you are in love with your job.



# career CAREER

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WHERE ARE YOU AT RIGHT NOW?

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WHAT IS YOUR END GOAL FOR THE  
MONTH?

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things you'd do to achieve  
your goals

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# RELATIONSHIPS

relationships



Assess all of your relationships, be it your friends, family, partner, neighbors, colleagues, mentors or your business relations.

*Remember, your network determines your net worth.*

In this case, 1 denotes that you are alone, with no friends or family to lean on. Whereas a solid 10 means that all of your relationships are perfect. You don't have to change any of them.

# RELATIONSHIPS

*relationships*



WHERE ARE YOU AT RIGHT NOW?

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# INTELLECTUAL

*intellectual*

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You can evaluate this by the number of books you've read, courses you've enrolled in, and workshops you've attended.

Basically, how much time, money, and energy do you invest in self-improvement.

Here, 1 means you have no IQ, don't know how to read, while 10 means you are the smartest person and have all the knowledge in the world.

# INTELLECTUAL

*intellectual*

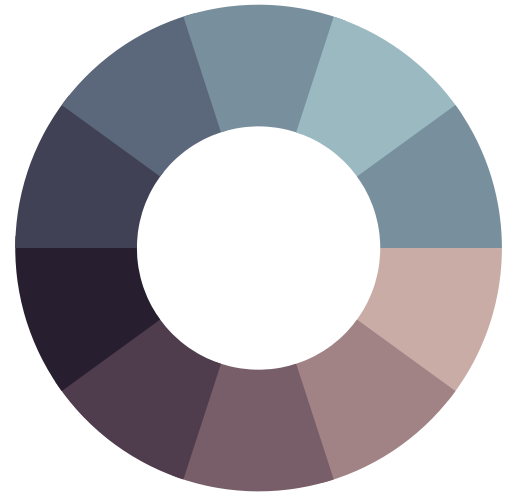
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WHERE ARE YOU AT RIGHT NOW?

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*things you'd do to achieve  
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# physical

## PHYSICAL

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Are you in good physical condition? It's not just about how you look, but also how your body feels.

Do you have enough energy throughout the day, a strong immune system, and healthy eating habits? Also, consider the amount of sleep you get.

In this case, 1 means you are completely out of shape and your health is miserable, while 10 means you have perfect physical health.

# physical

## PHYSICAL

WHERE ARE YOU AT RIGHT NOW?

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WHAT IS YOUR END GOAL FOR THE MONTH?

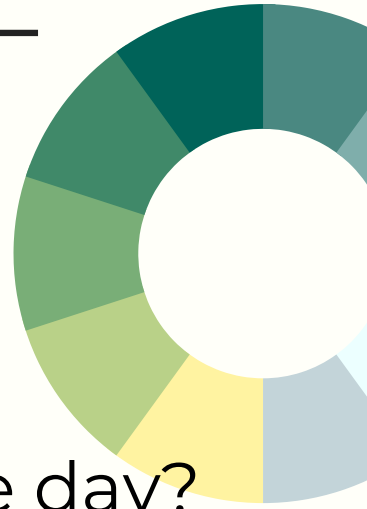
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things you'd do to achieve  
your goals



# emotional EMOTIONAL

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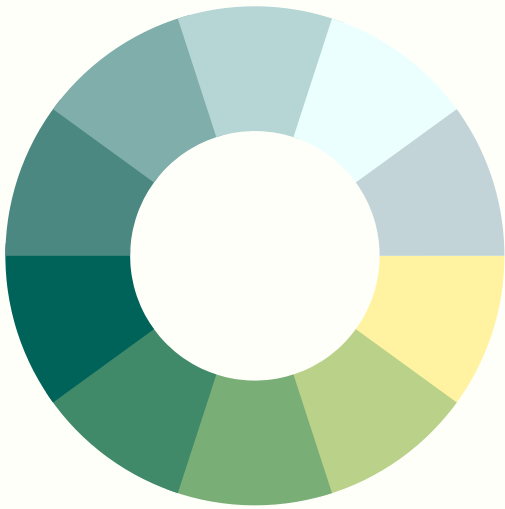


How do you feel throughout the day? Are you sad, happy, angry, peaceful, or all over the place? And, more importantly, how do you deal with these emotions?

Do you frequently feel anxious and overwhelmed?

In this case, 1 denotes that you are an emotional wreck. Whereas, a score of 10 indicates that you are extremely calm, peaceful, and self-aware. You're essentially Buddha, lol.

# EMOTIONAL



WHERE ARE YOU AT RIGHT NOW?

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# SPIRITUAL

*spiritual*



For many of you, being spiritual may imply being religious, but this is not the case for everyone.

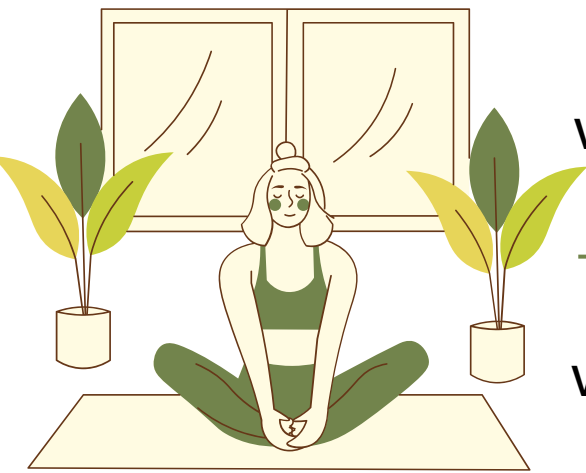
You can be spiritual without being a religious person. Many people today fit into this category.

Yoga and meditation, for eg, can enhance your spiritual aspects.

Here, 1 means you've never done yoga, meditation, or prayed. While, 10 indicates that you can go on to become next ascendant master.

# SPIRITUAL

*spiritual*



WHERE ARE YOU AT RIGHT NOW?

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WHAT IS YOUR END GOAL FOR THE MONTH?

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# Analyze your results

Give yourself honest scores ranging from 1 to 10 in each of these categories and add them up.

Now, divide your total by 60 to get the percentage. Assign a grade based on your results.

Example, If you received a 67 percent, you would grade your life a C.

This will hit you hard, because now have an exact number to describe the quality of your life.

But don't worry, majority of people fall into C and D categories.

Consider this a wake-up call about your current living situation and areas where you need to reinvent yourself, because *you are fully capable of living your best life.*

Who is preventing you from living it? It's you. Stop living cluelessly and take charge to change your life.

Now use this to create action steps for areas you want to focus on!

# THANK YOU!



If you need more support, feel free to contact me!



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