



## Day 1: Gaining Clarity & Healing

Welcome to The Heal Your Past & Transform Your Future Experience!

This may be one of the most life-changing experiences of your life, and I am humbled and excited that I can be your guide during this experience.

The first step to any transformation in your life is to gain clarity on where you are now - so you can determine where you need to go.

After watching the LIVE Day one video in the Heal To Transform Community here (<https://www.facebook.com/groups/healtotransform>), come back and complete this self-assessment. ***But act fast, because each video comes down 72 hours after release.***

This self-assessment is to help you identify areas for improvement in your life, and to also help you understand where your past hurts and hidden traumas may be holding you back.

If you don't like the answers, it's okay...that's exactly why you are here! Take notes of the areas you'd like to improve and then keep coming back to this experience every day this week!

Best In Love & Healing,  
Valerie Kolick, M.A.  
#healyourpastexperience

## Connection

I am trusting and easily let others in to my life with healthy boundaries

No 1 2 3 4 5 6 7 8 9 10 Yes

If in a committed relationship, I feel connected and loving with my partner.

No 1 2 3 4 5 6 7 8 9 10 Yes

I easily make friends, and enjoy positivity, fun and connection with these friends.

No 1 2 3 4 5 6 7 8 9 10 Yes

I am present with my family, always make them a priority and treat them with compassion and love.

No 1 2 3 4 5 6 7 8 9 10 Yes

I rarely hold onto resentments or anger, and can easily forgive others.

No 1 2 3 4 5 6 7 8 9 10 Yes

## Self-Love

I am confident, live authentically and can honestly say I love who I am.

No 1 2 3 4 5 6 7 8 9 10 Yes

I rarely experience guilt or anxiety.

No 1 2 3 4 5 6 7 8 9 10 Yes

I know that anything is possible for me, and I always go after my dreams.

No 1 2 3 4 5 6 7 8 9 10 Yes

I truly believe that I am worthy and deserving of everything good, and when bad stuff happens I learn from it.

No 1 2 3 4 5 6 7 8 9 10 Yes

I take care of myself and my health, and do not punish my body using food, alcohol, drugs or through other addictions.

No 1 2 3 4 5 6 7 8 9 10 Yes

When I say I'm going to do something, I always stick to my word (even to myself).

No 1 2 3 4 5 6 7 8 9 10 Yes

## Mindset

I generally have a positive mindset and feel happy and peaceful more times than not.

No 1 2 3 4 5 6 7 8 9 10 Yes

I rarely blame others for my circumstances, and I take full responsibility for where I am in life.

No 1 2 3 4 5 6 7 8 9 10 Yes

I am full of energy, creativity and focus.

No 1 2 3 4 5 6 7 8 9 10 Yes

I am decisive, an action taker, and I believe that failure is just an opportunity for growth.

No 1 2 3 4 5 6 7 8 9 10 Yes

I have fears, but I rarely let them stop me from going after my biggest dreams.

No 1 2 3 4 5 6 7 8 9 10 Yes

## Meaning & Purpose

I feel fulfilled and I live each day with purpose and passion.

No 1 2 3 4 5 6 7 8 9 10 Yes

I do something at least once a week that fuels my purpose, helps others, or gives back to the community.

No 1 2 3 4 5 6 7 8 9 10 Yes

I am clear about my priorities and values, and I live within these values every day.

No 1 2 3 4 5 6 7 8 9 10 Yes

I only spend time, money and energy on things that are priorities in my life.

No 1 2 3 4 5 6 7 8 9 10 Yes

I create and reach new personal goals for myself often.

No 1 2 3 4 5 6 7 8 9 10 Yes

I have a passion and energy for life, and love to wake up each and every day to endless possibilities!

No 1 2 3 4 5 6 7 8 9 10 Yes