

APPENDIX B:
“THE
TRANSFORMED
YOU” ... SCALES
TO MEASURE
PROGRESS

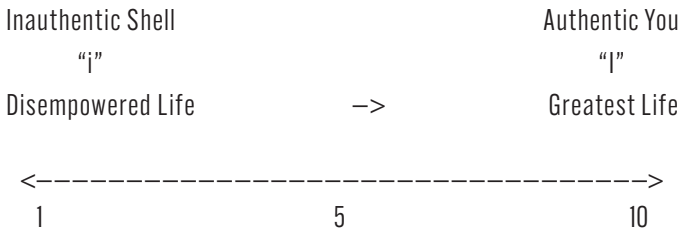
USE THE SCALES below to measure your progress along the I-Lignment journey to your Greatest Life. It's recommended you take the assessment at the beginning of the I-Lignment journey and then whenever you want to assess how much progress you've made, as well as to determine what areas of your life to focus on for continued powerful transformation. If you want a reminder what each of the below descriptions mean, please go back to the chapter “The Transformed You.

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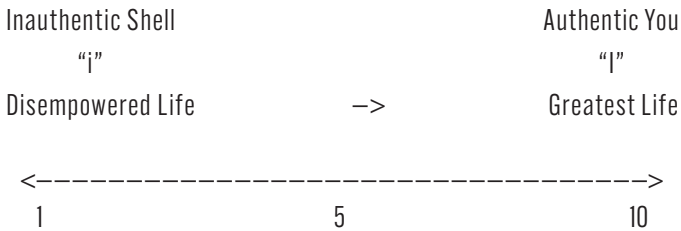
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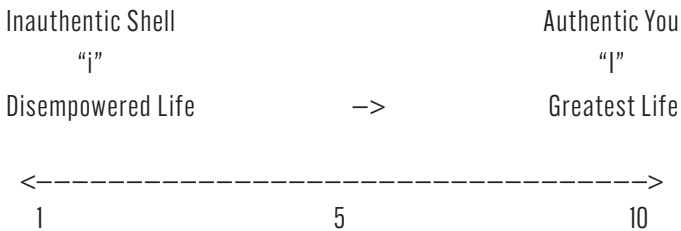
You feel whole.



Your newfound freedom is real . . . with unlimited possibilities.



Your life is full of unconditional love . . . independent of anyone else.

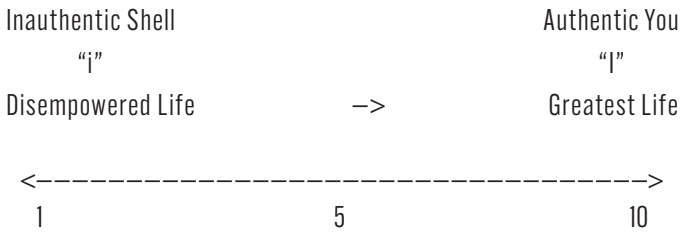


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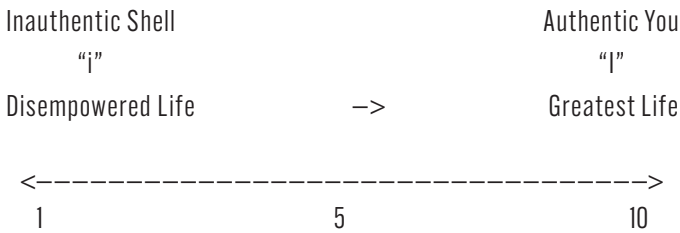
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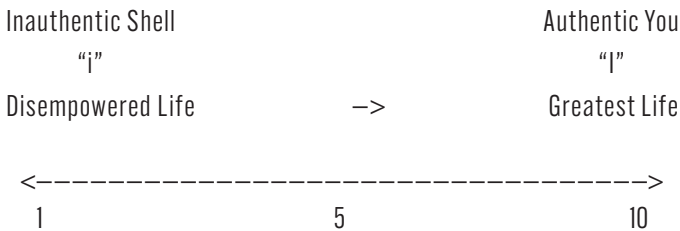
You experience waves of love coming from deep inside you.



You have a deep sense of peace . . . no matter the circumstances outside of you.



You live life powerfully . . . in each present moment.

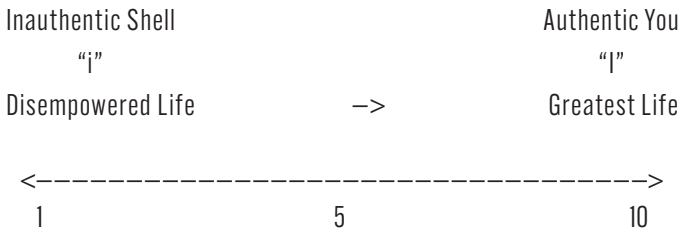


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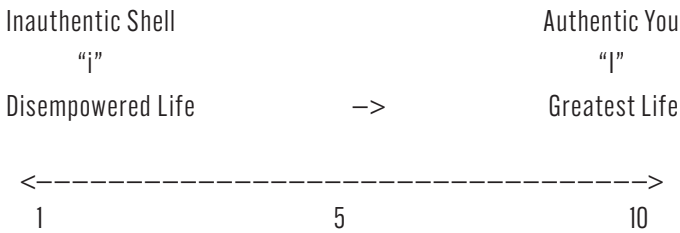
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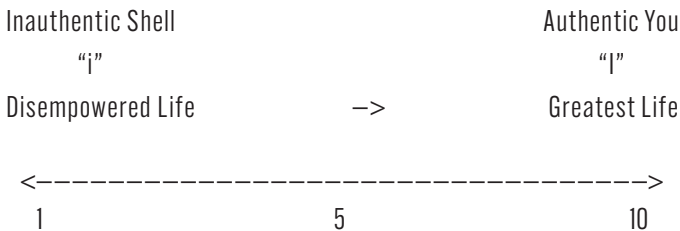
You have a whole new way of being.



You have found the feelings you want in your life are the feelings inherently felt at your core . . . your authentic “I.”



You experience an inner joy that is independent of anything outside of you.

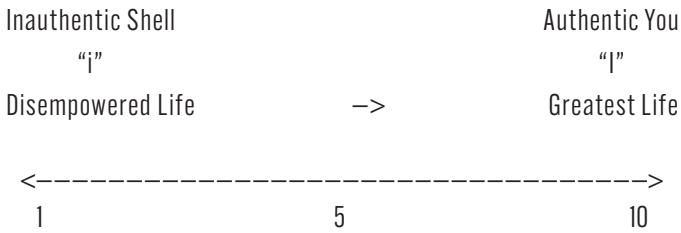


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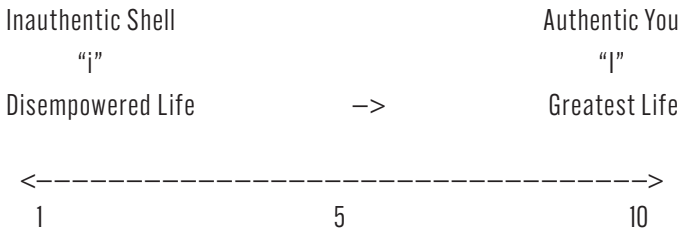
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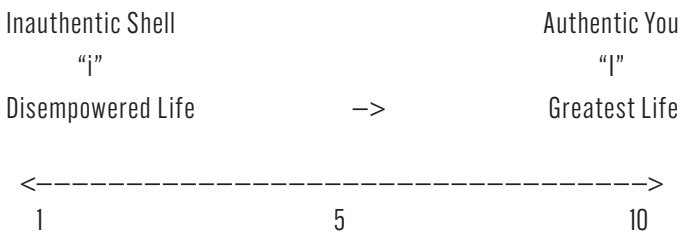
You have a newfound passion for life.



You are less impacted by the flow of life outside of you.



Your mind is clear and able to make quicker, better decisions.

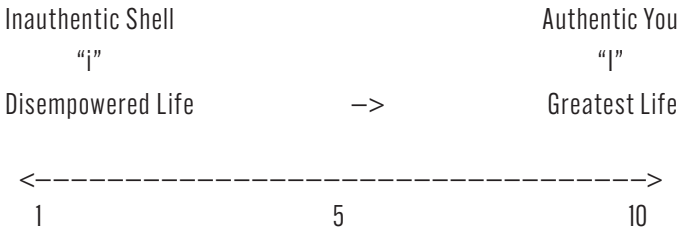


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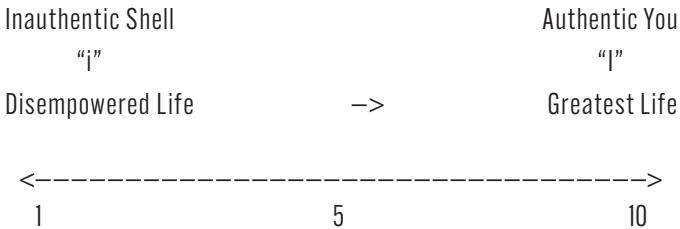
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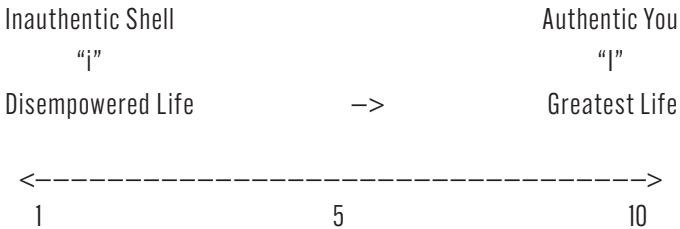
You are less reactive to the world around you; rather, you respond based on right actions.



You now know you can handle whatever life throws your way.



You look at the major events in your life differently.

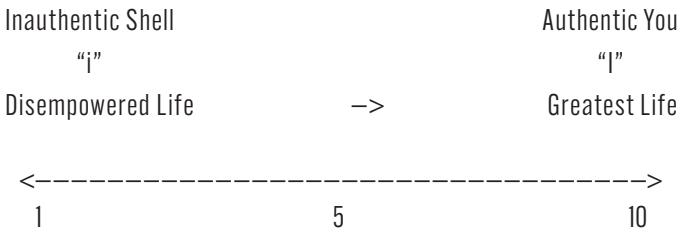


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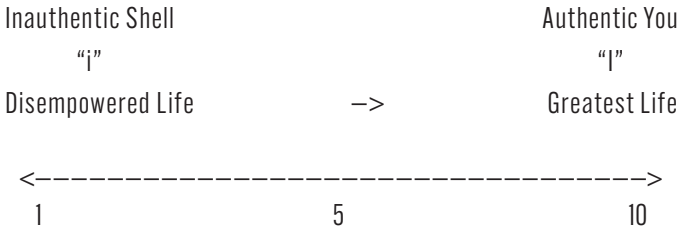
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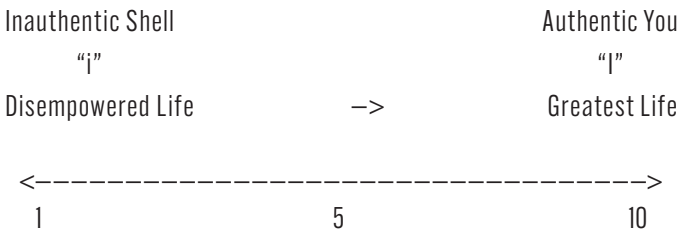
Many of the wants in your life have vanished.



You are simplifying your life.



You have more natural abundance in all parts of your life.

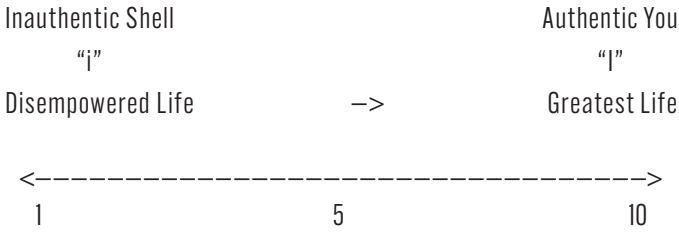


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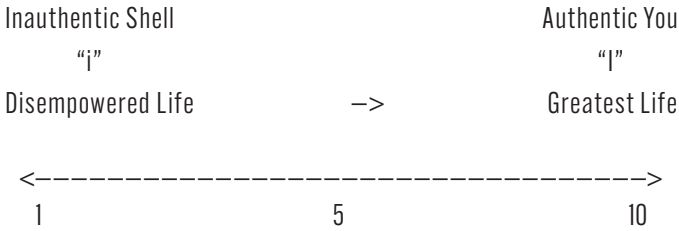
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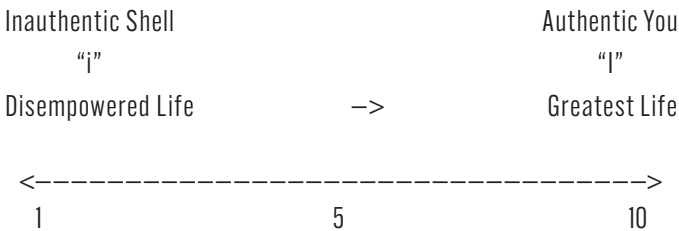
Your life feels more effortless and enjoyable.



Your relationships are deeper and more authentic.



Your experience of falling in love with someone is now powerful and unconditional.

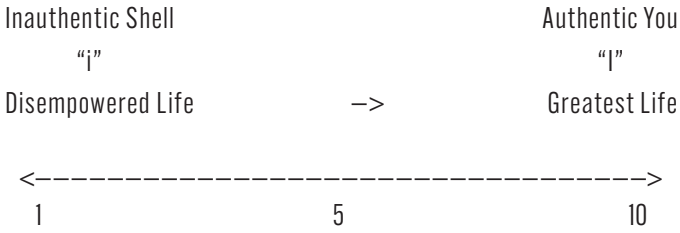


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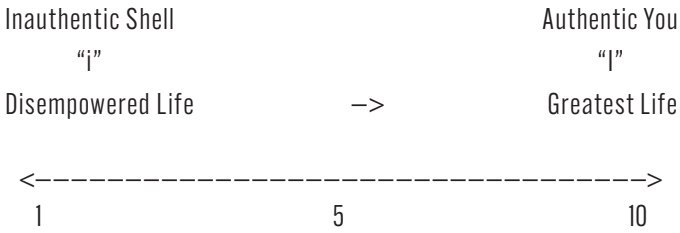
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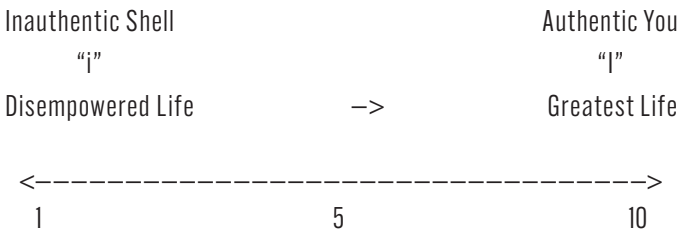
You have become more accepting of others . . . as they are.



You allow unlimited possibilities for others . . . beyond your own self-interests.



You express many acts of kindness in your daily life.

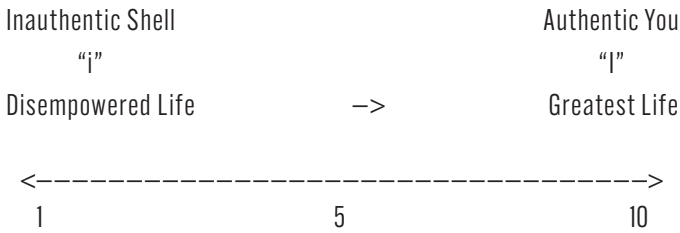


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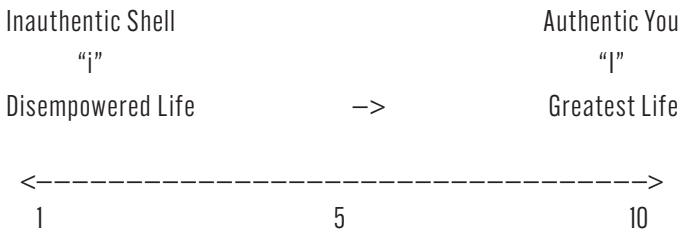
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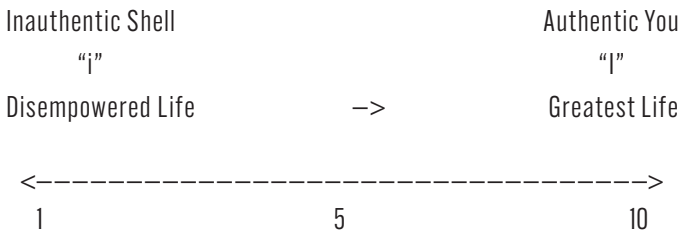
Your life is spacious and light.



Your well-being becomes a natural state . . . not something you need to work at.



Your inner discomfort or pain that drove your compulsive behavior is gone.

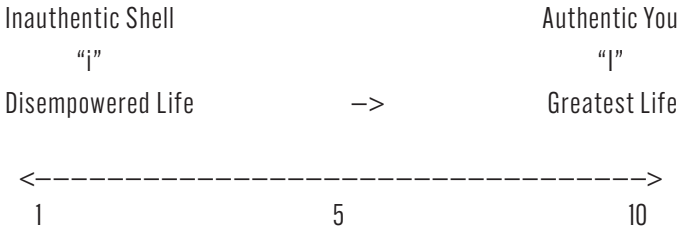


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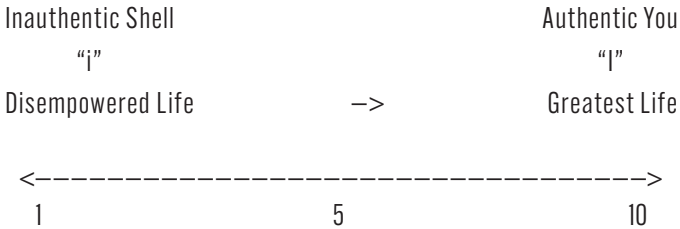
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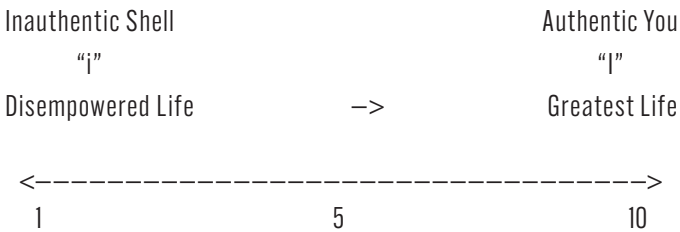
You enjoy peace and quiet.



Your energy increases dramatically.



You have a deep sense of power you’ve never felt before.

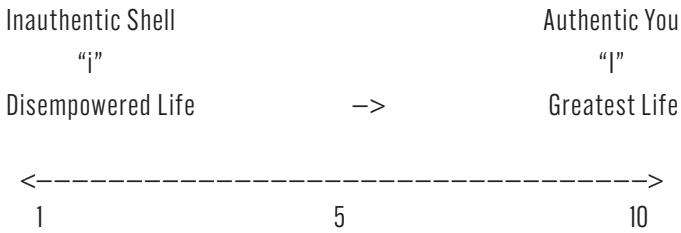


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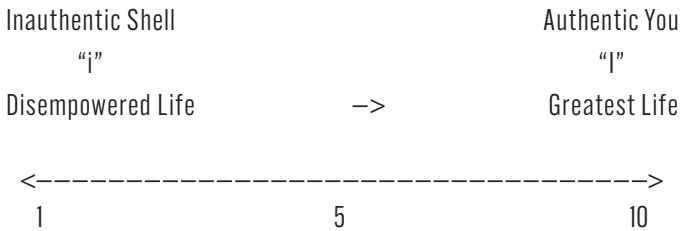
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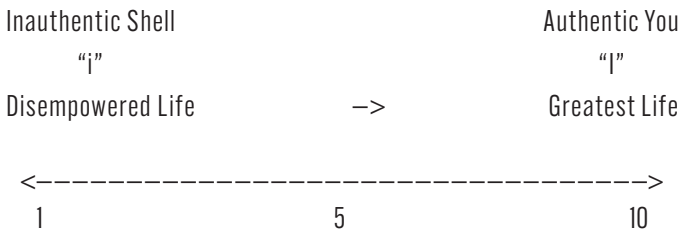
You have a personal connection with your Inner Power.



You trust and follow your Inner Guidance.



You don't need the approval from others.

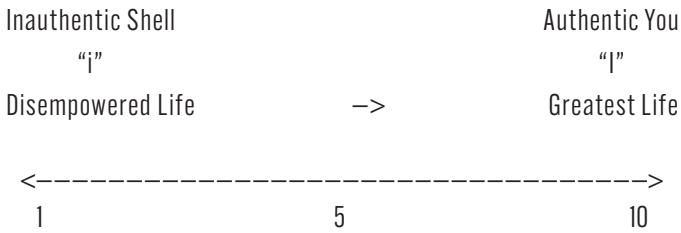


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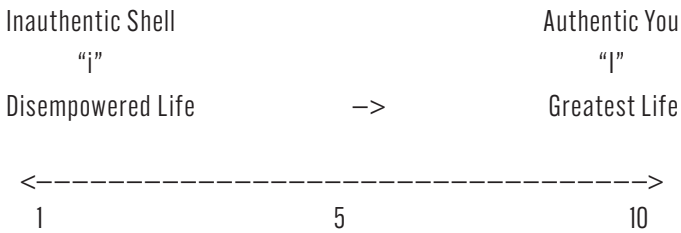
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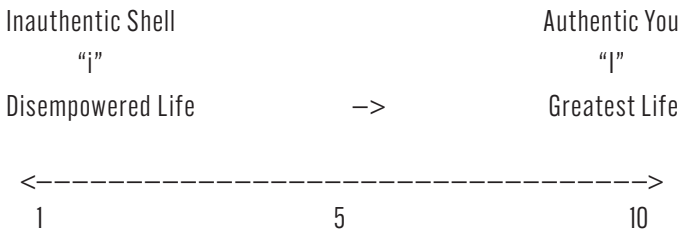
You feel empowered . . . you're no longer a victim of life.



You are committed to your life's purpose . . . something much greater than just yourself.



Your creativity has been empowered.

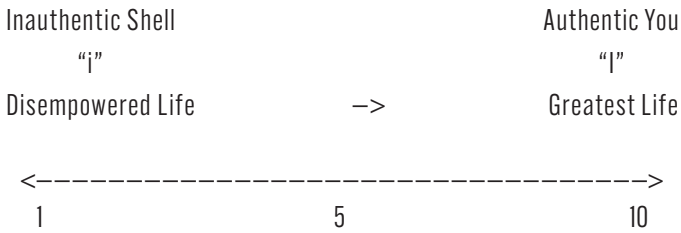


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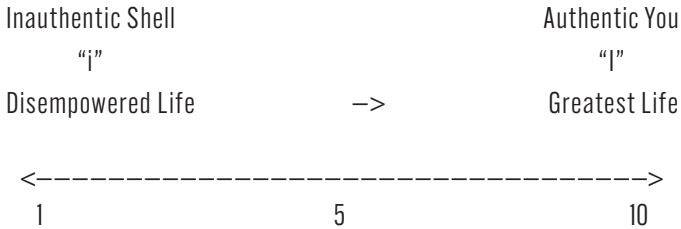
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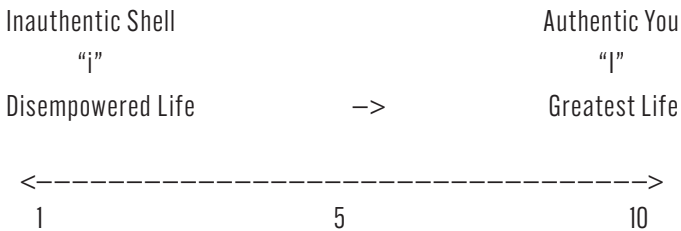
Your life is created . . . inside-out.



Taking personal responsibility is easy and natural.



You look at what might go right in life . . . as opposed to what might go wrong.

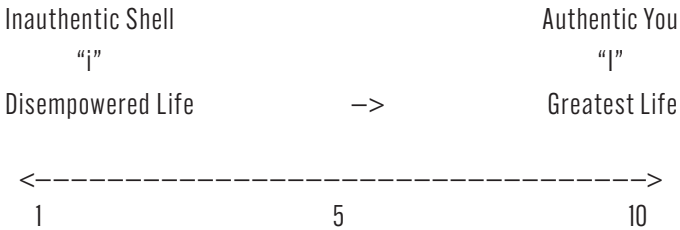


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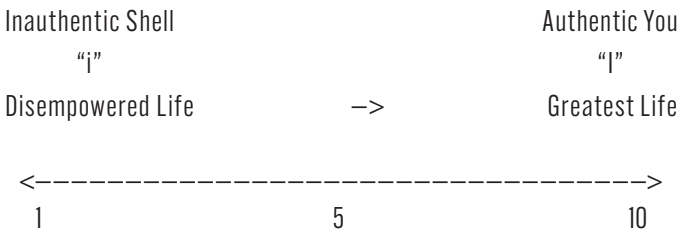
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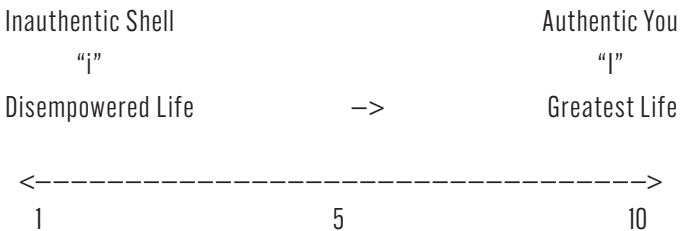
Your life becomes more about contribution, adventure, experiences, and people . . . rather than the accumulation of stuff.



Life becomes your playground.



Retirement is no longer the goal; living a purposeful and passionate life is.

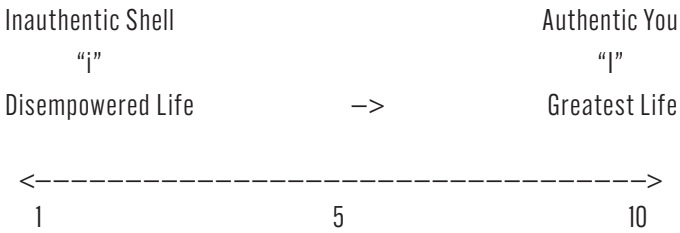


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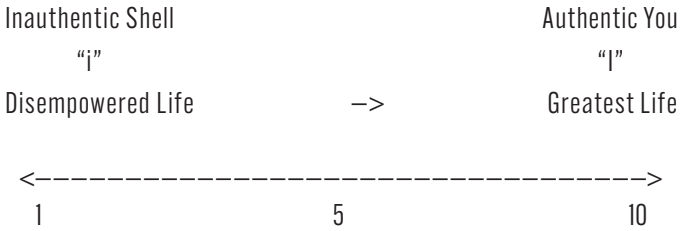
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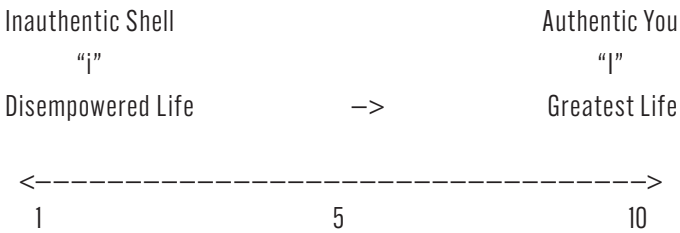
You feel connected with life.



You feel a oneness . . . with all life.



You naturally want to create a better world.



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