



# Your REbirth-ability Worksheet

First: On a scale of 1–10, rate how important or pressing each aspect of your life is to you right now. A way to spark the process is to ask yourself,

*“Right now, how much attention am I placing on this area of my life?”*

1 = no attention; 10 = constant attention. Enter these numbers into the boxes in the first column.

Next: On a scale of 1–10, rate how satisfied you are with this aspect of your life. Ask yourself,

*“How satisfied am I with this aspect of my life?”*

1 = totally unsatisfied; 10 = super satisfied. Enter these numbers into the boxes in the second column.

And last: on a scale of 1–10, rate your desire for REbirth by asking,

*“How deeply do I desire a new trajectory in this aspect of my life?”*

1= no desire; 10 = deep desire. Enter these numbers in the third column.

## Physical Realm (every aspect of your physical body)

|                    | My Current Attention | Satisfaction Level | Desire for REbirth |
|--------------------|----------------------|--------------------|--------------------|
| General health     |                      |                    |                    |
| Stomach/digestion  |                      |                    |                    |
| Rest               |                      |                    |                    |
| Teeth              |                      |                    |                    |
| Energy             |                      |                    |                    |
| Mental stimulation |                      |                    |                    |
| Self-image         |                      |                    |                    |

|                       |  |  |  |
|-----------------------|--|--|--|
| Aging                 |  |  |  |
| Pain                  |  |  |  |
| Sleep                 |  |  |  |
| Sex                   |  |  |  |
| Exercise              |  |  |  |
| Diet                  |  |  |  |
| Non-nourishing habits |  |  |  |

Emotional Realm (how you respond when your needs are not met)

|             | My Current Attention | Satisfaction Level | Desire for REbirth |
|-------------|----------------------|--------------------|--------------------|
| Empathy     |                      |                    |                    |
| Anger       |                      |                    |                    |
| Sadness     |                      |                    |                    |
| Jealousy    |                      |                    |                    |
| Regret      |                      |                    |                    |
| Self-worth  |                      |                    |                    |
| Confidence  |                      |                    |                    |
| Patience    |                      |                    |                    |
| Happiness   |                      |                    |                    |
| Joy         |                      |                    |                    |
| Celebration |                      |                    |                    |
| Judgment    |                      |                    |                    |
| Gratitude   |                      |                    |                    |

|                        |  |  |  |
|------------------------|--|--|--|
| Defensiveness          |  |  |  |
| Other emotional issues |  |  |  |

Material Realm (positions and possessions)

|                       | My Current Attention | Satisfaction Level | Desire for REbirth |
|-----------------------|----------------------|--------------------|--------------------|
| Career or job         |                      |                    |                    |
| Income                |                      |                    |                    |
| Savings               |                      |                    |                    |
| Financial security    |                      |                    |                    |
| Insurance             |                      |                    |                    |
| Sense of safety       |                      |                    |                    |
| Residence             |                      |                    |                    |
| Possessions           |                      |                    |                    |
| Car                   |                      |                    |                    |
| Jewelry               |                      |                    |                    |
| Furniture             |                      |                    |                    |
| Clothes               |                      |                    |                    |
| Worry over stuff      |                      |                    |                    |
| Abundance mind-set    |                      |                    |                    |
| Other material issues |                      |                    |                    |

Relationship Realm (the birthing, repairing, shifting, and fresh start of connections you have with those in your life)

|                              | My Current Attention | Satisfaction Level | Desire for REbirth |
|------------------------------|----------------------|--------------------|--------------------|
| Self love                    |                      |                    |                    |
| Self trust                   |                      |                    |                    |
| Front row                    |                      |                    |                    |
| Feeling supported            |                      |                    |                    |
| Forgiveness                  |                      |                    |                    |
| Core relationship            |                      |                    |                    |
| Ex                           |                      |                    |                    |
| Close friends                |                      |                    |                    |
| Pets                         |                      |                    |                    |
| Family                       |                      |                    |                    |
| Co-workers                   |                      |                    |                    |
| Community                    |                      |                    |                    |
| Non-nourishing relationships |                      |                    |                    |
| Stuck relationships          |                      |                    |                    |
| Other relationship issues    |                      |                    |                    |

Spiritual Realm (how the Universe flows through you, your basic nature, your connection to Spirit/Source/God/the Divine Creator)

|                                | My Current Attention | Satisfaction Level | Desire for REbirth |
|--------------------------------|----------------------|--------------------|--------------------|
| Creativity                     |                      |                    |                    |
| Purpose                        |                      |                    |                    |
| Time in nature                 |                      |                    |                    |
| Compassion                     |                      |                    |                    |
| Peak experiences               |                      |                    |                    |
| Detachment                     |                      |                    |                    |
| Faith                          |                      |                    |                    |
| Acceptance                     |                      |                    |                    |
| Charity                        |                      |                    |                    |
| Daily meditation practice      |                      |                    |                    |
| Acts of kindness               |                      |                    |                    |
| Trusting the Universe          |                      |                    |                    |
| Understanding my purpose       |                      |                    |                    |
| Relationship with higher power |                      |                    |                    |
| Other spiritual issues         |                      |                    |                    |

After you have filled in every box, scan through all five realms of your life and see where your attention has mostly been. All these issues are important in our lives; however, some of them absolutely have greater relevance in a given moment. Your high-attention areas are where the

majority of your 60,000 thoughts a day have been concentrated. If there are areas of your life that you feel are important to you but your attention has been elsewhere, it's because other high-attention areas are stealing your energy. In every moment, we get to choose where we want to place our energy. If you feel that you haven't been giving your best to certain areas, it's not because you don't care. It's because you are allowing other, less important issues to hijack your attention.