

## A Hope Map for a Brave + Beautiful Life

The intention for this assessment is to offer a sense of possibility and a way to recognize your current skill level in specific areas. Score yourself from 0-4 for each statement using the rubric below then tally your score out of 84.

There is no right or wrong score - we're simply all in progress learning, healing, and becoming through different life experiences. There's a lot of hard, vulnerable, soul-stretching (and freeing!) work that goes into each of the following 21 milestones/statements. Faster is not better.

- Never 0
- Sometimes 2
- Mostly 3
- Always 4

1. I have a good sense of both my personality and my true self (they're not the same thing) including my strengths and struggles and my unique wiring and I like who I am.

2. I know the 3 components of self-compassion, regularly practice both fierce and gentle self-compassion, and live anchored in self-compassion.

3. I'm intentionally building my resilience bank account by watering seeds of brave community + connection, mind-emotion-body wellness, sense of purpose, and a healthy mindset.

4. I'm actively increasing my emotional intelligence or EQ (including my emotional literacy); I have the language to name what I'm experiencing mind-emotion-body and I feel "strong enough" to sit with discomfort instead of running or numbing.

5. I know that there is more than one path to wholeness and joy and it's normal for me to pause to listen inward, attune to the voice of my inner wisdom rather than seeking approval or worth from outside of myself, and bravely respond to what I hear.

6. I'm mostly able to recognize the voice of comparison, perfectionism, fear, shame, and judgment in the moment but don't let it control me; I feel capable of shifting my experience as needed and I show up *through* fear.

7. I understand the concept of both/and and practice it regularly.

8. I practice allowing joy into my life in the midst of pain, heartache, or the general messiness of life + I pay attention to the beauty that surrounds me.

9. I notice when my suffering is the result of "bumping up against reality" and practice releasing my grip to live fully present and willing in the truth of what is.

10. I have clarity around my core values, sense of purpose/mission, and can name what I want and need. I've crafted an honest and compelling life vision (the why, what, and how) that flows out from this.

11. I know how to translate my vision into imperfect action by working with my wiring to break down my goals or intentions into practical application or micro steps.

12. Daily, I practice taking imperfect action to build a life that feels like home. When I stumble I pick myself up with compassion and when I tip into trying to measure up or keep up to arbitrary standards, I come back home to my vision and reorient myself.

13. I understand the concept of seasonal living, how to identify the season(s) I'm in, and how this helps me befriend myself and adopt a gentler, more compassionate way of being.

14. I honour my wiring through flexible, sustainable, and values-aligned habits, rhythms, and practices that support me in building the life I want and expressing the truth of who and how I choose to be in the world.

15. I know what "enough" looks, sounds, and feels like for me in this season of life; I regularly check-in and release what no longer serves and I practice conscious simplicity in order to walk out my values and guard breathing room and space for my priorities.

16. I have a toolbelt of practices and habits that help me with nervous system regulation, processing stress, and I'm learning to live more often in (or return more quickly to) my ventral vagal (safe and social) state.

17. I understand the concept of liminal space and am willing to say yes to the deconstruction, vulnerability, and unmooring that often happens during times of significant growth or transition.

18. I understand that we "heal/grow/become at the speed of safety" and distinguish between feeling unsafe and feeling uncomfortable. I release urgency, gather in my support system, and love myself well and without judgment through the hardest parts of life.

19. I acknowledge my agency and power of choice and use it to build a life and world I want to live in. I recognize that we grow into the strength we need and find our way in action, not before. I have some go-to strategies for getting unstuck when needed.

20. My voice is clear and steady, I know how to speak truth and own my experience while remaining grounded, to own the truth of who I am and where I've come from, and I take responsibility for writing and embodying a new story for my life.

21. I'm clear on what freedom means to me; I am walking in freedom and can declare with confidence that I feel safe, at home, and joyful in my body and my life!