

SpitFire Tetrahedron Self-Assessment



In order to tap into your true SpitFire Power, we gotta make sure all of our elements are in order. In this worksheet be able to determine which (if any) elements are needing some extra attention and tweaking.

Be honest and kind with yourself as you rate each of these sections. We’ll be rating each item on a scale of 1-10 (1-totally disagree, 5- I’m on the fence, 10-totally agree)

**Passion**

\_\_ I am clear about my passion

\_\_ If I were woken up in the middle of the night and told I could only do one thing, I would know what to do

\_\_ It doesn’t matter what anyone else says, I love what I do

\_\_ When I do this, I feel completely in flow and creative

\_\_ When I do this, other people are naturally attracted to me

\_\_ When I do this, all stress and worry go away

Total number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Divided by 6 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Motivation**

\_\_ Every morning I feel like bouncing out of bed

\_\_ I feel focused and clear on why I do what I do

\_\_ I am clear about what needs to be done and why

\_\_ I am a self-starter

\_\_ I have a clear idea why I’m doing this

\_\_ I am doing this to make me happy

Total number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Divided by 6 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Self-Care**

\_\_ I meditate every day

\_\_ I intentionally move every day

\_\_ I laugh every day

\_\_ I read/write more than twice a week for pleasure

\_\_ I have a self-care practice

\_\_ I believe I am worthy of a self-care practice

Total number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Divided by 6 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle any areas that are lower than an average of 7. These are potential areas of concern that could be impacting your SpitFire Power.**