



The Badass Butterfly Spiritual  
Life Coach Mindset Training Program

**Unit 1 Week 1.**

**The Badass Butterfly  
Spiritual Life Coach**

[The Badass Butterfly Spiritual Life Coach Mindset Training Program](#)

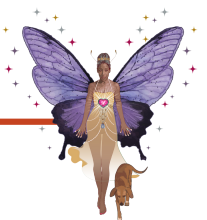
# The Caterpillar: Your “Before” Story

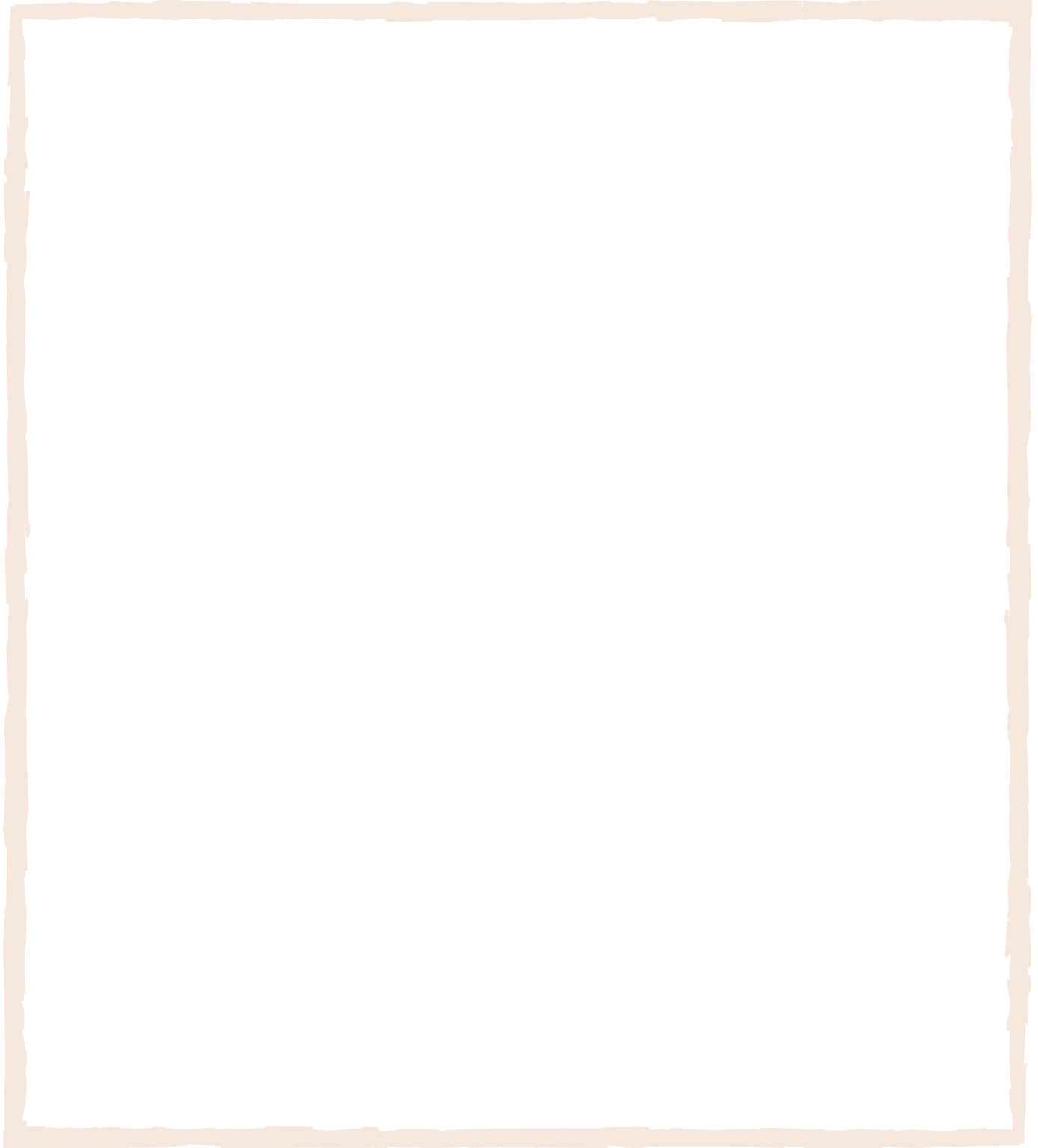


A large, empty rectangular box with a light beige border, intended for writing the "Before" story.

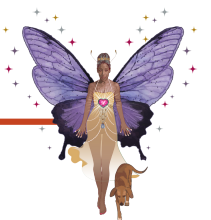


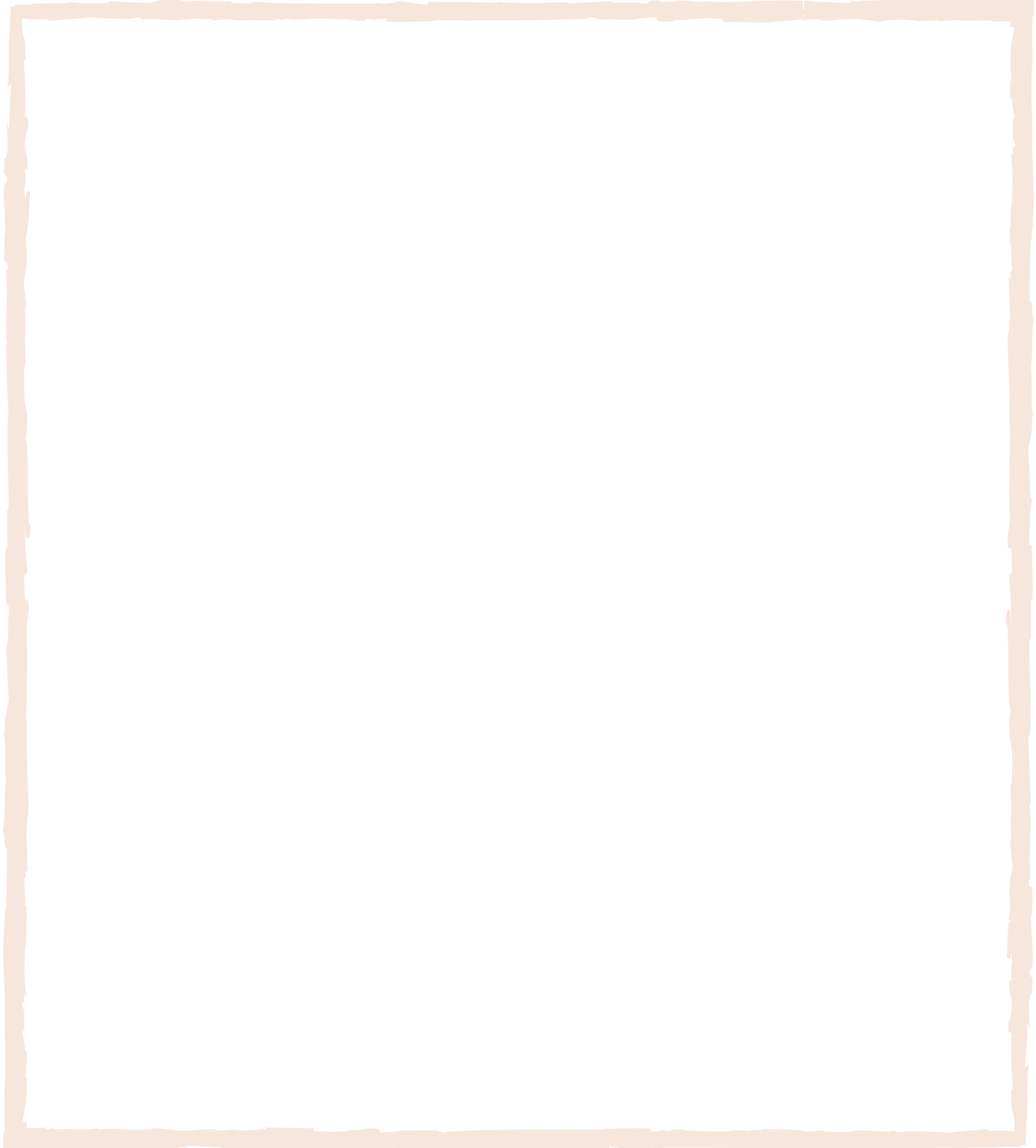
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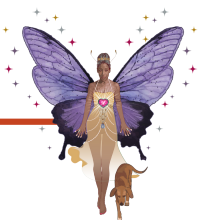


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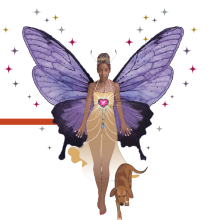
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# The Badass Butterfly: Your “After” Story/Your Future Self

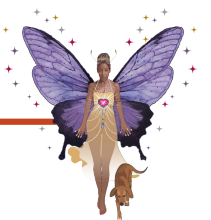


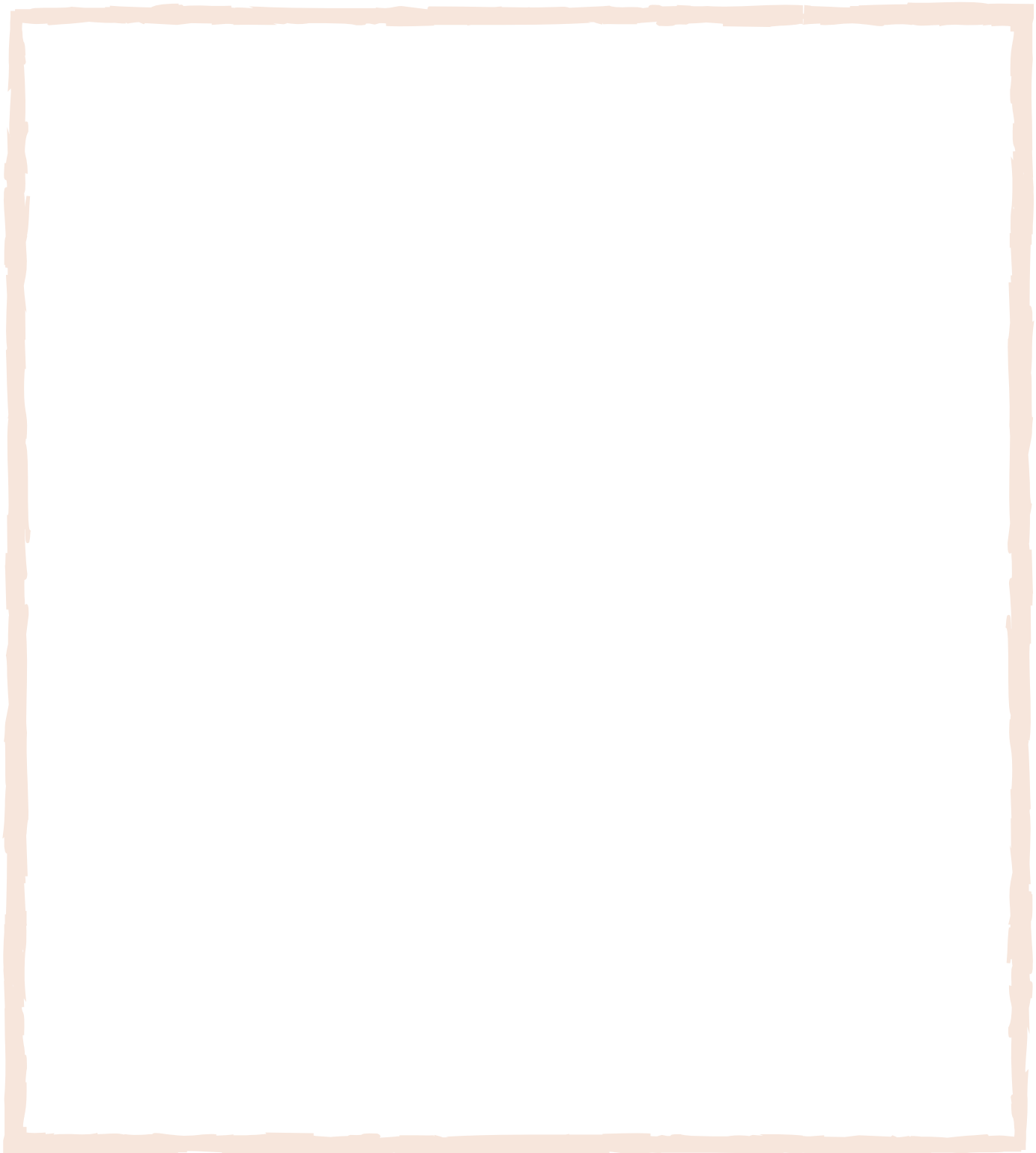
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# Caterpillar to Butterfly Divine Life Purpose Self- Assessment



## Badass Butterfly Spiritual Life Coach Divine Life Purpose Self-Assessment Tool



A powerful worksheet to help you become aware of any blind spots that might hinder you as you pursue your Divine Life Purpose

**Badass Butterfly Spiritual Life Coach In-Training, Are You Ready to Birth Your Divine Life Purpose?**

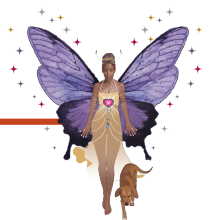
Any seasoned gardener, whether their crops be fruit, vegetable, flower, or herb, will tell you that the first thing you must do before planting a garden is to assess the landscape. You have to look at the topography, analyze the space, consider the weather and elements, examine the soil to get a good understanding of the terrain and the environment in which you are going to be sowing your seeds and eventually reaping your harvest.

Likewise, as the wise gardener of your own spiritual life coaching business, the very first thing you'll need to do is to do some hardcore personal self-assessment to learn about your own inner landscape and the environment in which your endeavors will be developing. Just like a gardener must develop a deep relationship with the earth, you must develop a deep relationship with yourself.

In this survey, you are going to do a simple assessment to discover within yourself how ready you are in your mind, body, emotions, and Spirit to commit to your Divine Life Purpose. The purpose of this assessment is to help you see where you are so that you can make adjustments in your lifestyle and/or in your expectations as you embark on this journey.

I cannot emphasize enough to you the importance of this first step. Too often people try to move forward without checking in with themselves to make sure all their parts are on board with their decisions. The result is that all sorts of internal roadblocks get thrown up and the heart-centered entrepreneur finds themselves losing focus, putting out fires, and being preoccupied and distracted by other things that have nothing to do with their Divine Life Purpose or their Soul's Calling.

*continue reading...* ➔



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# Caterpillar to Butterfly

## Divine Life Purpose Self-Assessment (*continued...*)



This is a personal assessment that is designed to actually trigger the emotional and intellectual responses that will spark you into action. The amount of effort you put into this is entirely up to you, but I would like to suggest that amount of effort you're willing to put into planning for your Divine Life Purpose is reflective of your willingness to commit to it. In other words, if you're not willing to seriously consider the amount of investment of resources (ie time, energy, focus, money) you're going to need to make your heart's desire real, you might find that you don't have the steam to actually do all the little steps it takes to make your Badass dream real. I'm no fortune teller but I've seen some stuff. Just be observant of yourself and adjust your expectations to meet the reality of where you are today.

And this is important: Don't think that where you are today is where you'll be a month from now and certainly not a year from now. I'm hoping that if you find you're bogged down by too many obligations today, you'll do some delegating, reprioritizing, reorganizing, and replanning so that next month (or next year) you'll find you've carved out several hours that you can commit to your Divine Life Purpose each week.

So, this is why I've created this assessment-- to help you figure out where you are and what you need so that you can figure out how to get it.

You are invited to bring this worksheet to our weekly Foundations Kaleidoscope meetings so that we can help you sort through it together. You might find you need some mindset work to help you get straight. We'll put our heads together and come up with a powerful solution that you can use to help you along.

Lastly, be honest as you work through this form. When filling out this worksheet, answer the questions as you actually are, rather than as you think you ought to be. Take your time. You have the whole week to get through this. Remember that you are laying the foundation for your future success.



*continue reading...* ➔



# Section 1: Food for Thought

*In this section, take some time to simply ponder these questions and write out your answers fully. This section is an opportunity for you to acknowledge your successes and to come clean about your failings. Be as honest as you can.*

1. Describe a time when you did not keep a promise to yourself. Explain why you did not keep this promise.

Write your answers below:

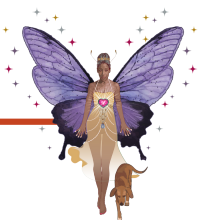


2. What are some of your personal habits that distract you from doing the work you need to do? What have you done to break these habits and improve your efficiency?

Write your answers below:



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# Section 1: Food for Thought

*continued...*

3. What do you do when you review your goals and realize that you haven't done as much as you had wanted?

**Write your answers below:**



4. What do you need to sacrifice in order to have your most important goals and the things you desire? Are you ready and willing to sacrifice those things now? Why or why not?

**Write your answers below:**



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# Section 2: The Daily Practice

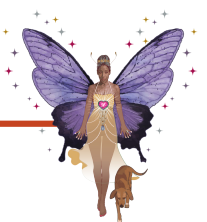
*Having a consistent Daily Practice is an essential part of a heart-centered entrepreneur's lifestyle. It provides the framework for trust when times are easy and when times of adversity arise, it provides you with a solid foundation that ensures your stability while things are chaotic.*

*For this section, answer each question in the table and then when appropriate assign yourself points as described in the cell to the right. When complete, total your points and then use the following key to help you analyze your score.*

Questions	Points
<p>In your opinion, how important is a consistent Daily Practice to your lifestyle as a heart-centered entrepreneur? First, rate this on a scale of 1 to 10 with 1 being Not Important At All and 10 being Vital to Your Existence. Please write this number in the cell to the right. Then describe why you feel this way in the space below.</p> <p><b>Write here:</b></p>	



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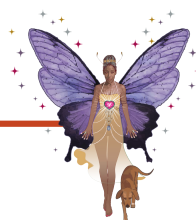
# Section 2: The Daily Practice

*continued...*

Questions	Points
<p>What is the Daily Practice you consistently use every single day (religiously and without fail) to connect to your Source of wisdom, power, and creativity? Please note that if you do not have a consistent practice that you use every single day (religiously and without fail) you should write N/A in the space below. If you have a consistent Daily Practice that you do religiously and without fail, assign yourself 10 points in the cell to the right, otherwise enter 0. If you have a Daily Practice that you consistently use every single day, write down what your consistent Daily Practice is in the space below.</p> <p><b>Write here:</b></p>	



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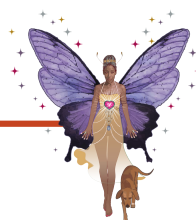
# Section 2: The Daily Practice

*continued...*

Questions	Points
<p>What are the different activities you do consistently each week (religiously and without fail) to keep yourself connected to Source Energy and your mindset positively focused on your desires? (An example might be going to church, attending weekly support circles, watching inspiring videos, and taking classes that advance your dreams and desires.) Please note that if you do not have any consistent activities that you use consistently each week (religiously and without fail) you should write N/A. If you have consistent weekly activities that you do religiously and without fail, assign yourself 10 points in the cell to the right, otherwise enter 5 if you have some activities but are inconsistent, and enter 0 if you don't have any activities at all. Write down your consistent weekly connection activities in the space below.</p> <p>Write here:</p>	



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# Section 2: The Daily Practice

*continued...*

Questions	Points
<p>Even the most zealous heart-centered entrepreneur will sometimes come up against resistance or a challenge to their connection with Source. What, if anything, stops you from consistently doing the activities that keep you connected to Source and your mindset positively focused on your desires? Please write down all the threats, obstacles, and barriers to your connection to Source in the space below. If absolutely nothing ever stops you from consistently performing your Daily Practice and maintaining those activities religiously, assign yourself 10 points in the cell to the right. Otherwise, just give yourself 5 points if you are able to identify the threats, obstacles, and barriers to your connection. If you cannot make this identification, enter 0 in the cell to the right.</p> <p><b>Write here:</b></p>	



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# Section 2: The Daily Practice

*continued...*

Questions	Points
<p>In what ways are these obstacles and barriers to your consistent connection actually outpicturings of your ego's story and limitations imposed by your mind? In other words, in what ways are your beliefs, habitual thought patterns, early conditioning, and early programming dominating your mindset and projecting themselves into your three-dimensional experience? Reflect and write out your answer below. If you are able to see the connection here, assign yourself 10 points in the cell to the right, otherwise enter 0.</p> <p>Write here:</p>	
<b>Total Points for This Section</b>	

50 points possible.

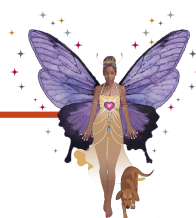
0-20 points: These numbers demonstrate a lack of commitment to a consistent practice that supports your connection to the Divine.

25-35 points: These numbers demonstrate some interest in a connection to the Divine.

40-50 points: These numbers demonstrate a strong commitment to maintaining a connection to the Divine.



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# Your Tools

*Which of the following tools do you use regularly to connect to Source, your Spiritual Guidance Team, and your intuition, throughout the week? Total all the points and enter them in the space to the right. If you don't use any of these tools, enter 0.*

Practices			Points
Meditation Chanting (10)	Tarot/Oracle Cards, Runes or other Divining and Communication Tools (10)	Religious Practices and Rites (10)	
Prayer (10)	Shadow Work, Journaling or other Intellectual Approaches to Healing (10)	Talking to friends or family (5)	
Yoga/QiGong or other Meditative Movement (10)	Rituals, Goddess Work, Shamanic Practices (10)	Getting help from a counselor, therapist, healer or coach (5)	
Other Spiritual Practices (10)	Deepening Your Relationship with Nature (10)	Attending classes, workshops and retreats (5)	
<b>Total Points for This Section</b>			



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# Your Tools

*continued...*



105 points possible.

0-5 points: These numbers demonstrate a minimal investment in maintaining a connection to the Divine.

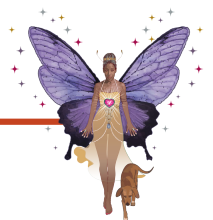
10-20 points: These numbers demonstrate some investment in maintaining your connection to the Divine.

25-80 points: These numbers demonstrate a real investment in maintaining your connection to the Divine.

85-105 points: These numbers demonstrate a strong investment in maintaining a connection to the Divine.



**Continue to the Next Section**



# Section 3: Assessing Readiness in Your Body, Emotions, Mind, and Spirit

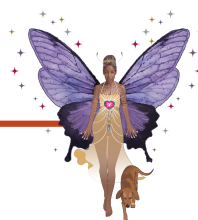


*For each of the following statements, rate them anywhere on a scale of 1 to 10. Enter your rating in the Points column. Use this suggested key to help you rate the statements:*

1- 2	Rarely
3-4	Sometimes
5-6	Often
7-8	Very Often
9-10	Always/Without Fail



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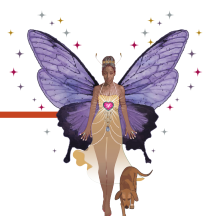


# Your Body and Physical Authority

Questions	Points
I am really good at keeping my priorities straight. When distractions come up, I always know what I should be working on.	
I tend to complete my work ahead of deadlines. I don't find myself completing tasks at the last minute, or asking for extensions.	
I set aside time for planning and scheduling my tasks, projects and assignments.	
My body is fit and I feel physically able to handle the challenges that come my way.	
I feel in control of my environment so I don't spend my time putting out fires.	
I have plenty of support to help me manage my important and vital responsibilities like caring for my children, managing my home, eating right, and caring for myself.	
I leave contingency time in my schedule to deal with the unexpected.	
When I consider big projects with lots of moving parts, I feel excited about the work required to fulfill them.	
When my stress level begins to rise, I have some practical and trustworthy ways of helping myself get clear, focused, and grounded. Even if I have to walk away for a day or two, I feel confident that I will get back into the swing of things.	
My body is healthy enough to take on more stress and I feel confident that I won't use it to subconsciously sabotage my ambitions.	
<b>Total Points</b>	



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110 possible points.

0- 55 points: These numbers are indicating that you would really benefit from doing some deep work to get your three-dimensional world in order before you try to take on any new ventures. Before you make a commitment to anything right now, try doing some practical organizing and time management. Set some boundaries in your environment and with the people around you. Get folks on board to respect your time. Remember that whatever is going on inside of you is being projected onto the three-dimensional world. So consider that you might have some habitual thought patterns, limiting beliefs, and old conditioning that no longer serve you.

56-66 points: These numbers are not strongly indicating the physical readiness needed to take on big projects and to handle the three-dimensional responsibilities that go along with them at this time. HOWEVER, the potential is there! Review your answers and try to understand what you need to do to get your physical, material world more supportive of you and your Divine Life Purpose. You might need to get tough and draw some boundaries and you might find that you need to do some spiritual work to help you get clear about how to establish a stable environment that supports your work.

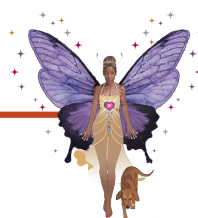
67-77 points: These numbers are starting to indicate some of the physical readiness you need to take on big projects and to handle the three-dimensional responsibilities that go along with them. You might want to check-in with yourself to see how you can develop some boundaries that will let you create more time and space so that you can dedicate yourself to your Divine Life Purpose.

78-88 points: These numbers strongly indicate physical readiness to take on big projects and to handle the three-dimensional responsibilities that go along with them. Even with all the things that you may have going on right now, you seem to have the physical capacity to take on some new inspiring challenges. So go for it! Good luck!!!

89-110 points: These numbers indicate tremendous physical readiness in taking on the big important projects that come from your heart. You are physically ready and capable of handling the three-dimensional responsibilities that go along with big ambitious projects. Hooray! With all the things that you may have going on right now, you definitely have the capacity and self-efficacy to take on BIG new challenges, and you can let your intuition be your guide. Brava, Badass Butterfly Spiritual Life Coach In-Training! Buona Fortuna!



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# Your Emotions and Inner Authority

Questions	Points
My emotional state is pretty balanced. Feelings like fear or doubt don't stop me from doing what I need to do to reach my goals.	
I love initiating projects. Even under pressure I always feel confident that I can launch my work sufficiently.	
I have no problems committing to projects after I have done my research and determined that it is worthwhile.	
When I feel doubtful or fearful about something, I usually take time to sit with myself to listen to my emotional needs and provide myself what is required.	
Procrastination is not an issue for me. When confronted with difficult tasks, I work through them in my own way, but within my deadlines. I don't expect issues to go away on their own and I don't self-sabotage.	
I feel confident in my looks, my education, my person. I am rarely held back by low self-esteem.	
I have a good relationship with my inner critic and my negative emotions. I enjoy doing the healing and Shadow work that help me transform negative emotions and limiting beliefs.	
I feel safe and secure in the world. I trust that the Universe will deliver me what I need when I need it.	
When big problems arise I usually remain level-headed and clear as I work toward solutions.	



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# Your Emotions and Inner Authority

*continued...*

Questions	Points
I trust my gut instinct. I can feel it. I understand it. And I know how to take action on it.	
I rarely do things that make me escape the present moment like stress-eating and binge-watching Netflix, using drugs or alcohol, or mindlessly surfing the web.	
<b>Total Points</b>	



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110 possible points

0- 55 points: These numbers are indicating that you would really benefit from doing some work to develop more emotional fortitude. Before you try to make a commitment to anything right now, try listening to your emotional needs on a deep level and see if you are missing any messages. Look for issues of safety and trust and see how you can bring balance to these parts of yourself before you take on some new projects. Be careful that your emotions don't sabotage you. Also, consider developing your Spiritual practice and doing some Shadow work around any lack, powerlessness, or dissatisfaction you perceive within yourself. See if you can find anything that is holding you back. Also consider that you might have some habitual thought patterns, limiting beliefs, and old conditioning that no longer serve you.

56-66 points: These numbers are not strongly indicating the spiritual readiness needed to take on big projects and to handle the three-dimensional responsibilities that go along with them at this time. HOWEVER, the potential is there! Review your answers and try to understand what you need to do to get your emotions more balanced. You might need some courage and trust! You can find these in a strong spiritual practice that supports you as you learn to surrender.

67-77 points: These numbers are starting to indicate some of the emotional readiness you need to take on big projects and to handle the three-dimensional responsibilities that go along with them. The thing is, you might want to check in with yourself to see how you can develop more emotional fortitude so that you can trust Spirit and your own intuition as you move forward in your work. You might be too caught up in your egoic story and this could be throwing off your emotional navigation system. Make sure you develop some emotional wellness practices to keep yourself grounded as you move forward toward your Divine Life Purpose. You can do it!

78-88 points: These numbers strongly indicate emotional readiness in taking on big projects and handling the three-dimensional responsibilities that go along with them. With all the things that you may have going on right now, you seem to have the emotional capacity to take on some new inspiring challenges. So go for it! Good luck!!!

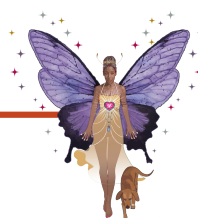
89-110 points: These numbers indicate tremendous emotional readiness in taking on the big important projects that come from your heart. You are emotionally ready to handle the three-dimensional responsibilities that go along with them. Hooray! With all the things that you may have going on right now, you definitely have the emotional fortitude to take on BIG new challenges, and you can let your intuition be your guide. Brava, Badass Butterfly Spiritual Life Coach In-Training! Buona Fortuna!



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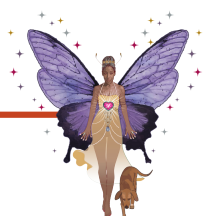


# Your Mind and Mental Fortitude

Questions	Points
I'm really good at managing resources such as time, energy, focus, and money.	
I am in control of my mind. I don't let negative thoughts or limiting beliefs take me from my course or ambition.	
My mind enjoys solving problems. I see many challenges as opportunities to stretch and grow my mind.	
I find joy in researching, analyzing, and learning new things.	
When I meet difficult problems, I dig in to find the solutions. When the solutions don't come easily and effortlessly, I don't give up. I know how to rest and find new angles. I am not intimidated by big challenges.	
I know that I am intelligent, capable, and I am entitled to the rewards of my endeavors.	
I KNOW that I am worthy of success. I can see the evidence of my worth and success all around me in my home, in my relationships, in my body, in my thought patterns, in my emotions. Life flows easily for me. Even the bumps in the road excite me as opportunities to grow and learn.	
My mind is my tool and I use it to help me experience a rich and rewarding life. My mind does not rule me.	



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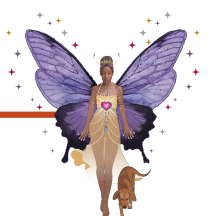
# Your Mind and Mental Fortitude

*continued...*

Questions	Points
When unruly emotions arise and begin to cloud my mind, I stay focused on my True Authority and I answer my emotional needs with compassion, caring, and responsibility like a good parent.	
When the going gets tough and my mind starts to think negatively, I parent it and help it stay positively focused.	
Nothing can make me shake my faith in myself, Source, and Life.	
<b>Total Points</b>	



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110 possible points

0- 55 points: These numbers are indicating that you would really benefit from doing some good work around getting your mind ready to take on your big dreams and desires. Before you try to make a commitment to anything right now, try doing some Shadow work around any limiting beliefs you may have. Also, consider that you might have some habitual thought patterns and old conditioning that no longer serve you.

56-66 points: These numbers are not indicating the mental readiness needed to take on big projects and to handle the three-dimensional responsibilities that go along with them at this time. **HOWEVER**, the potential is there! Review your answers and try to understand what you need to do to get your mind more determined, tenacious, and gritty (ready to fight to achieve your goals.) You can read some books, take some classes and get coaching to help you develop these qualities in yourself if you're having trouble doing it on your own.

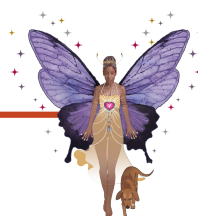
67-77 points: These numbers are kind of indicating some of the mental readiness needed to take on big projects and to handle the three-dimensional responsibilities that go along with them. The thing is, you might want to check in with yourself to see how you can develop the determination, tenacity, and a practical approach to taking on big, detailed tasks before you move on. Your Divine Life Purpose is calling you and you have to answer. But make sure you develop some practices to keep yourself grounded as you move forward. You are a brilliant light. Make sure you train your mind to serve you, not master you. Good luck with your glorious projects. You got this!

78-88 points: These numbers indicate mental readiness in taking on big projects and handling the three-dimensional responsibilities that go along with them. With all the things that you may have going on right now, you seem to have the mental capacity to take on some new challenges. So go for it! Good luck!!!

89-110 points: These numbers indicate strong mental readiness in taking on big important projects and handling the three-dimensional responsibilities that go along with them. Hooray! With all the things that you may have going on right now, you definitely have the mental fortitude to take on some **BIG** new challenges, and you have the ability to figure stuff out when you need to. Brava, Badass Butterfly Spiritual Life Coach In-Training! Buona Fortuna!



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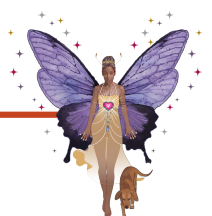


# Your Soul and Spiritual Alignment

Questions	Points
I have a regular Daily Practice that helps me connect effectively.	
I am in regular dialogue with my Spiritual Guidance Team on a daily basis.	
I KNOW that I am doing exactly what I am supposed to be doing.	
I KNOW that I am a vibrational match to my heart's desire. When I fall out of alignment, I have a series of practices and rituals that I use to get me back on track.	
I am aware of my Soul's Divine Agenda (my reason for coming to Earth) and I work with it consciously to help myself stay aligned.	
I have a deep and intimate relationship with my Spirit Guides and I trust that they are constantly giving me feedback. In fact, I can look around my room right now and receive a usable message from them.	
When I am faced with adversity, my VERY FIRST instinct is to turn to my Inner Light. I let go and let God/Goddess first.	
I see God/Goddess/Source of All in every person, place, and thing. I recognize that we are all one all the time.	
I am fearless.	
I don't need to forgive because I know that there is nothing to forgive.	
I know that I AM eternal.	
<b>Total Points</b>	



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110 possible points

0- 55 points: These numbers are indicating that you would really benefit from doing some good work around getting yourself aligned with your Soul's Agenda and getting really solid in your relationship with Spirit. Before you try to make a commitment to anything right now, try developing your Spiritual practice and doing some Shadow work around any limitations you perceive within yourself. See if you can find anything that is holding you back. Also, consider that you might have some habitual thought patterns and old conditioning that no longer serve you.

56-66 points: These numbers are not strongly indicating the spiritual readiness needed to take on big projects and to handle the three-dimensional responsibilities that go along with them at this time. HOWEVER, the potential is there! Review your answers and try to understand what you need to do to get your mind more aligned with your Spirit and clear about your Soul's Agenda. Consider using tools like numerology, astrology, and even Tarot or Oracle cards to open up the lines of communication between you and your Spiritual Guidance Team. Of course, developing a strong Daily Practice will help you really find your groove with Spirit.

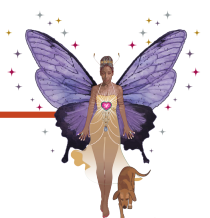
67-77 points: These numbers are starting to indicate some of the spiritual readiness you need to take on big projects and to handle the three-dimensional responsibilities that go along with them. The thing is, you might want to check-in with yourself to see how you can develop more trust in Spirit and your own intuition as you move forward in your work. Your Divine Life Purpose is calling you and you have to answer. But make sure you develop some practices to keep yourself grounded as you move forward. You are a brilliant light. Make sure you keep your eyes focused on the Divine as you move forward. Good luck with your glorious projects. You got this!

78-88 points: These numbers indicate spiritual readiness in taking on big projects and handling the three-dimensional responsibilities that go along with them. With all the things that you may have going on right now, you seem to have the mental capacity to take on some new challenges. So go for it! Good luck!!!

89-110 points: These numbers indicate strong mental readiness in taking on big important projects and handling the three-dimensional responsibilities that go along with them. Hooray! With all the things that you may have going on right now, you definitely have the energetic stamina to take on some BIG new challenges, and you have the ability to figure stuff out when you need to. Brava, Badass Butterfly Spiritual Life Coach In-Training! Buona Fortuna!



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# Section 4: I Know I Can.

*In the first part of this section, follow the instructions as indicated. When you're complete, answer the final questions and assign yourself points as indicated. View the answer key when you're done.*

Part A: Make a list of projects, goals, and endeavors that you have accomplished that demonstrate your willingness to work hard.

Part B: What were some of the challenges you faced while working on these things?

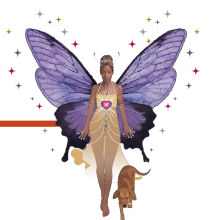
Part C: Looking at your list of accomplishments, what was going on with you that made you able to get these things done?

Part D: How can you conjure more of this for yourself as you move closer to your Divine Life Purpose?

Questions	Points
<p>What is one Badass goal that you would like to commit to this year? Write it down in the space below. If you are willing and able to commit to this goal and it is indeed Badass, give yourself 10 points in the cell to the right, otherwise, enter 5 because you've made it through this assessment.</p> <p>Write your answers below:</p>	



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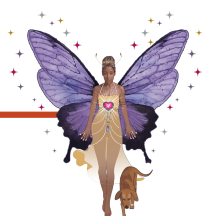
# Section 4: I Know I Can.

*continued...*

Questions	Points
<p>What things are you willing to do to help move you closer to this goal? Write down all the things you promise to do to achieve your goal. If you are willing to actively commit to this goal, give yourself 10 points in the cell to the right, otherwise give yourself 5 points just for trying.</p> <p>Write your answers below:</p>	



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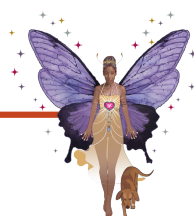
# Section 4: I Know I Can

*continued...*

Questions	Points
<p>How can you get the people around you and your environment on board so that you can have a creative workspace that supports you? If you are willing to do the work to get your environment work-ready, then give yourself 10 points in the cell to the right, otherwise, give yourself 5 points because everybody should have 5 points just for being alive and taking on humanhood.</p> <p>Write your answers below:</p>	
<b>Total Points for This Section</b>	



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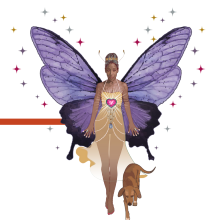




30 possible points.

0-10 points: STOP IT! Hahahaha! Go back and re-read the exercise. You can't get less than 15 points.

10-30 points: You are totally ready to go out into the world and take on your goals! You can do this, Friend. Go back and review the four levels of readiness above and consciously make improvements to better prepare yourself for success as you take on your goals, dreams, and Divine Life Purpose. Deepen your Daily Practice and do whatever it takes to stay aligned with the Divine. I wish you all the best on your journey.





*Thank you so much*

**for using the workbook!**

If you are interested in learning how I can help you become a  
Badass Butterfly Spiritual Life Coach,  
then [book yourself in for a complimentary Discovery Session.](#)

