

# LADYUP CIRCLE OF LIFE

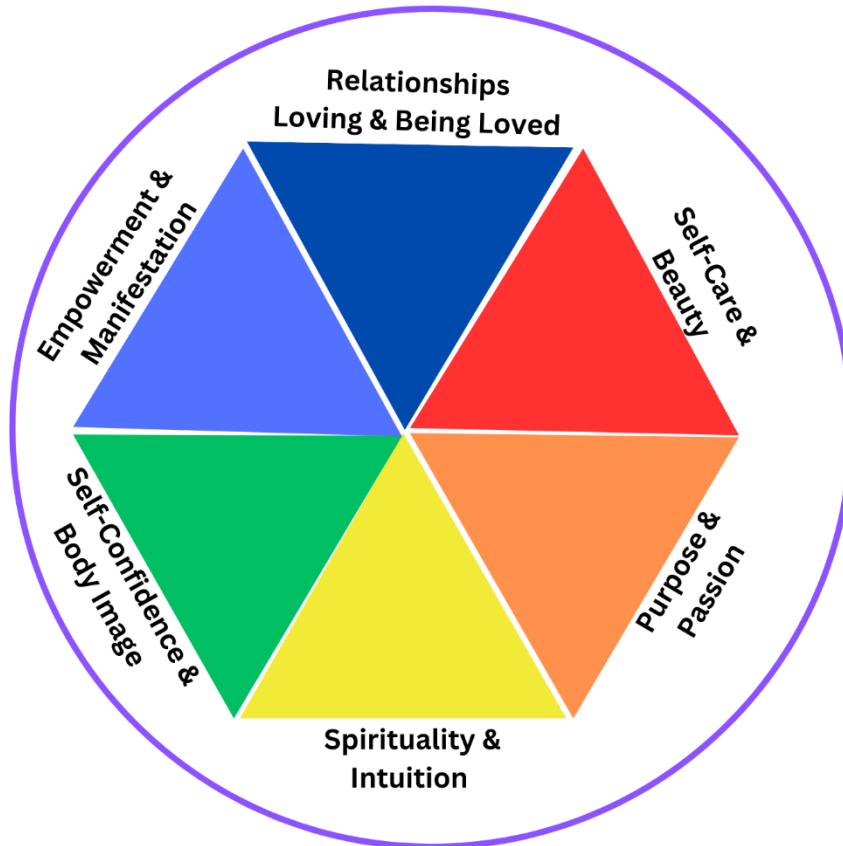
Personal Assessment



*Love*



## LadyUp Circle of Life Chart



### **INSTRUCTIONS:**

1. Go through each of the following sections and put a check mark or write a YES next to each item you're good with. Leave a blank for each item you'd like to improve.
2. Add up your YES or check marks and enter the total on page 9.
3. Decide which area you want to improve/transform first and begin focusing on that area for 90 days (may take less time to complete). To help transform these areas, subscribe to the [LadyUp free Home Study Program](#) online.
4. After 90 days, re-evaluate that section. Then start focusing on your next area of transformation.

# Self-Care & Beauty

## From Chapter 1 - Keep Calm and LadyUp

### What are you a “YES” for:

#### Time: Own Your Time

- I allow myself space by creating time buffers on each side of all events and tasks.
- I am clear about the dollar value I place on my time.
- I no longer have the disease to please.
- I put me first and productivity and results second.
- Time is a man-made concept; I've learned to expand and collapse time to serve me.
- I no longer allow people to waste my precious time.
- I no longer apologize for making myself a priority.
- Instead of being sorry, I now appreciate people who wait for me.
- I declare that everything happens for me in Divine Timing.
- Every week I'm delegating and eliminating at least one activity I don't like doing.

#### Order: Organize Your Life

- I no longer demand anything of anyone; I make requests and I command my world.
- I no longer struggle to get things done – I call forth “Divine Order.”
- I trust the process of life completely.
- I have no clutter in or around my home, car, or workspace.
- All of my papers are filed away (no unopened bills).
- All of my finances are in order (I also have a Living Trust/Will).

#### Beauty: Create Your World

- I know that I'm deeply connected with the beauty of Mother Nature.
- I know that I'm beautiful, so I'm starting to attract more beauty into my life.
- I allow beauty to flow through me with grace and ease, however it wants to show up.
- I have created beauty where I eat, sleep, shower, my workspace and my vehicle.

**Total Number of “YES” (20 possible)**



# Purpose & Passion

## From Chapter 2 – Braving Your Passion

**What are you a “YES” for:**

### **Truth: Reveal Your Truth**

- I am totally honest about my deepest desires.
- I know my purpose and I'm on a mission to fulfill it.
- I fully express my passion and enjoy braving the wilderness of it all.
- I don't need or use outside stimulation or drama to feel alive or important.

### **Stories: Release the Stories**

- I have released all the stories that no longer serve my truth.
- When negative thoughts arise from old stories, I now affirm my truth.
- I can easily see/imagine myself more successful than ever before.
- I can expand my comfort zone to include the entire world.

### **Profit: Turn Passion to Profits**

- I know what it takes to turn my passion into profits.
- I'm monetizing my passion and reaping the rewards and blessings.
- I'm earning more and giving more each year.
- I value my time and I charge for it.
- I realize that I AM the gift, and what I offer is the icing on the cake.
- I have a business plan for my passion to create or increase my profits.
- I allow my passion to drive my purpose and my profits; they are one.

**Total Number of “YES” (15 possible)**



# Spirituality & Intuition

## From Chapter 3 – Allowing Grace

### What are you a “YES” for:

#### **Awareness: Beyond Thought**

- I get that grace does not have to be earned or learned, only allowed.
- I have fully accepted grace as my way of being in the world.
- I have learned how to channel awareness beyond my own thoughts.
- I practice “Awareness in the Moment.”
- I now live a grace-filled life without the rush of drama.

#### **Connection: Universal Intelligence**

- I know how to connect to Universal Intelligence at any given moment for my answers.
- I trust this Universal Intelligence to guide and direct my life.
- I know how to fine-tune and align my energy centers (chakras).
- I can clearly identify what feels “good” and what feels “bad” before making decisions.
- I have a daily practice that keeps me connected to Universal Intelligence.

#### **Trust: Intuitive Knowing**

- I am committed to setting my intention and following intuition.
- I practice trusting and following my intuition daily.
- I know that intuition is the ability to acquire knowledge without reason.
- I clear and align my chakras whenever I need clarity or energy.
- As I grow in intuitive knowing, I handle this power with wisdom and responsibility.

\_\_\_\_\_ **Total Number of “YES”** (15 possible)





# Self-Confidence & Body Image

## From Chapter 4 – Embracing Your Body

**What are you a “YES” for:**

**Eyes Wide Open:**

- I love up on my body daily!
- I can say, “Hello, Beautiful” and mean it each morning when I look in the mirror.
- I see me, and I like me, a lot!

**Acknowledge Imperfect Perfection:**

- I get that I may not look like a model and I’m okay with that.
- I celebrate the scars that contribute to my character and my beauty.
- My body is unique, and I get that I am blessed because of it.
- I have someone in my life who tells me “You’re beautiful.”

**Be Willing to Be Seen:**

- I’m okay being seen without being all made up.
- I’m okay allowing others to see me when I need to ask for help.
- I’m willing to be seen as powerful, beautiful, and successful.

**Total Number of “YES” (10 possible)**



# Empowerment & Manifestation

## From Chapter 5 – Mystical Manifestation

**What are you a “YES” for:**

### **Shift from Goddess to Queen:**

- I can easily shift from Goddess to Queen because I know my Needs, Values, Boundaries, and Standards.
- I know that the clarity of my consciousness and the intensity of my feelings create my world.
- I truly understand that my feelings create the fuel that moves energy into manifestation.
- I use the power of VAM (Visualization, Affirmation, and Meditation) to focus my mind.
- I practice Mystical Manifestation = Name It, Claim It, Own It!

### **Use Your Magic Wand**

- I have a “magic wand” and know how to use it.
- I always remember to do away with doubt by declaring, “Already Done.”
- I have a magic wand and I am working with the Energy Grid to help focus my attention.

### **Be the Power You Possess**

- I know how to affirm that “I Am” and I now practice affirming “I Have.”
- I know that the Spirit I trust is not outside of myself. I know that the power of the Spirit is within me.

**Total Number of “YES” (10 possible)**



# Relationships: Loving & Being Loved

## From Chapter 6 – Happy, Healthy Relationships

**What are you a “YES” for:**

### **Love Without Reason**

- I am a master communicator. I never give the silent treatment.
- I have healthy boundaries and I gracefully teach others how to honor them.
- I'm clear about the consequences for crossing my boundaries.
- I love everyone unconditionally by accepting them just as they are.
- I have eternal forgiveness for everyone because I understand oneness.

### **Don't Slay the Dragon**

- I don't lead with my sword, but I know how and when to use it.
- I trust my instinct and never regret or feel guilty about having to slay the dragon.
- I always love first, listen second, and slay only if necessary.
- I know how to balance my power with grace.
- If I get hurt, I know how to move on and love again.

### **Become a Master Receiver**

- I get that “receiving” is my job and I do it well.
- I know that giving is the counterpart to receiving and I am also a Master Giver. I give at every opportunity that feels right to me.
- I give without expecting anything in return.
- I know the real gift is in the giving.
- I realize that the Universe is abundant and is my source.

**Total Number of “YES” (15 possible)**





## Transform Your Life in 90 Days

Mark your current score for each area. Decide which area you want to improve. Focus on that area for 3 months (90 days), then re-evaluate yourself and mark your updated score. To assist in the transformation process, take advantage of the LadyUp Free [Home Study program](#) video lessons.

<b>Areas of Life to Transform</b>	<b>Possible Score</b>	<b>Current Score</b>	<b>Updated Score</b>
Self-Care & Beauty	20		
Purpose & Passion	15		
Spirituality & Intuition	15		
Self-Confidence & Body Image	10		
Empowerment & Manifestation	10		
Relationships: Loving & Being Loved	15		
<b>Total Scores</b>	<b>85</b>		

To assist in transforming each area of your life, check out the LadyUp [Free Home Study Program](#) at [www.LadyUpNetwork.com](http://www.LadyUpNetwork.com)



## The Magic Behind Grace and Ease

I've been told that I make life look easy. I always seem to get what I want, and whenever I get knocked down, which isn't too often, I get back up rather quickly. People have said my life seems magical.

I came to realize that I have truly created an amazing and grace-filled life for myself, a life that is easy and primarily drama-free. When I break down the components of how this works, there are three basic principles that make up this magical life of mine.

1. **Clear Vision.** 95% of the time I am super-clear about what I want in my life, and the experiences I want to have. When confusion happens during the other 5%, that's when drama comes alive. That's also when I go to my altar to get clear again. Sometimes I go to my altar once and done. Other times, it takes going daily before clarity arrives. But, clarity always comes and gets me back on track.
2. **Knowing Beyond Trusting.** We usually hope for something first, then we trust it will come, and finally, we know for sure it's happening. For everything in life, you must know it to have it. If you are trusting the Universe to deliver, it may be a while, but it will come if your faith is strong enough. However, if you already KNOW it's done, that knowingness collapses time and your future becomes your present reality. A miracle is not a special event. Miracles happen moment to moment when we are aligned with knowing. Hope separates you from your desires. Trust brings you closer. Knowing makes it real.
3. **This or Something Better.** I know that I'm guided and directed by something larger than my ego. Call it God, Higher Power, Universal Intelligence, whatever – it's bigger than you and I. Therefore, when I ask for something, I always end my prayer with, *"This or something better."* You may "think" you know what's best for you, but there is always something greater, something beyond your imagination. Leave the door open for greatness to find you. If you live by this notion, at every disappointing occurrence, you will begin to immediately know that something better is on the way.

This puts your mind at ease. Even in the most painful or difficult situations – you can smile knowing that something better is happening to you, for you, and through you.

The magic behind a life filled with grace and ease comes from being totally clear about what you want, knowing it's possible, asking for it, and declaring, "This or something better."

When you know what you want, it's usually tied to your values. If you base all your decisions around your values, you will automatically have healthy boundaries and high standards. No one will be allowed to waste your time (you're on a mission). No one will be allowed to violate you (you will slay them instantly). You will gain freedom and respect at the same time for who you are as a true Lady. So, it's time to LadyUp!

**My definition of a Lady is a woman with self-defined grace and fearless love. To "LadyUp" means to stand as a woman of power who commands her world with the grace of a Lady.**

*A Lady has all the amazing qualities of the Princess, the Goddess and the Queen, and she can shift between each within the blink of an eye.*

*A Lady has self-defined grace, meaning she creates her own path and walks it with such dignity that she commands the respect of all those around her.*

*She has fearless love, meaning she chooses love above all else and loves without reason. She does not use love as a weapon; she uses love to teach, nurture, and heal.*

*Her life has less stress and drama because she lives by grace and ease. Her world is in order and surrounded by beauty. Time is always on her side because she plans wisely and teaches others to value her time.*

*She feels confident about the decisions she makes because she is connected to universal intelligence and sets her intention and follows her intuition.*

*She is passionate about life because she knows she's in charge of her court, her world.*

*She loves her body and never compares herself to anyone else. She knows that she is a unique work of art which could never be duplicated.*

*She is a Master Receiver and Giver. She receives with gratitude and gives with grace. There is never any judgment.*

One thing that's important about being a Lady is allowing grace. When we can live life in complete confidence and surrender to our vision, we will be more at peace, we will experience more pleasure, we will be kinder to others, and we will attract more good into our lives.

How much good can you handle? How long can you stand being left out of the drama? How many ways can you be still and know that everything is okay? This is a daily practice. When you decide to up your game as a Lady, you will find it's not always easy, but it's always worth it. Clear vision is the first step. When you need to get clear create and go to your sacred altar for prayer, meditation and journaling. This practice not only provides clarity when needed, but it also offers guidance and direction when used as a daily practice.

As a Lady, part of having your space in order is creating beauty. Beauty within itself is sacred and magical. Everyone responds to beauty. When you surround yourself with beauty, you will respond to life in a more positive way – and life will respond to you more favorably. Create beauty at every opportunity, especially with your altar.

As you work with your altar, begin to expand that energy to your entire living space. Although I have a place for meditation, my entire home is an altar. When people visit, they always comment on how good it feels to be in our home.

### **One Final Note: Be Successful and Help Others**

They say it's lonely at the top. So take someone with you! No one ever became successful by themselves. We all need each other. The problem is that a lot of successful people use other people as stepping stones to make it to the top, and that's why they end up there all alone.

One of the greatest things you can do on your journey to success is to help others become successful. The key to success is to help others get what they want/need first. As you provide

value to others, that value is returned to you multiplied in ways that are expected and unexpected!

Know what you want, pray a bold prayer, and turn your passion into profits. Don't be afraid to take risks – state your intention and follow your intuition.

If you are in business for yourself, raise your fees every year on your birthday. You are more valuable each year. You are older and wiser. Charge more so you can contribute more to others.

If you have issues around making money and building wealth, **here's your assignment:**

**First**, ask yourself these 2 questions:

(1) Am I giving enough; and (2) How can I create more value for others?

**Second**, complete each sentence that applies to you. Jot down the first response that comes to mind, as it's usually coming directly from your subconscious, that part of the brain on autopilot which runs our lives and our habits, and ultimately determines our life's experiences.

1. Money makes me feel safe because \_\_\_\_\_
2. I don't trust money because \_\_\_\_\_
3. I love money because \_\_\_\_\_
4. I don't like money because \_\_\_\_\_
5. I love the way I \_\_\_\_\_ money.
6. Money is a good source of \_\_\_\_\_ for me.
7. I am NOT comfortable receiving more than \$\_\_\_\_\_ per month.
8. I am afraid of larger sums of money because \_\_\_\_\_
9. People with lots of money are usually \_\_\_\_\_
10. I WANT more money so I can \_\_\_\_\_
11. I NEED more money so I can \_\_\_\_\_
12. The best and easiest way for me to get money is \_\_\_\_\_

*I hope this personal assessment brings you greater insight into your life's journey and creates the path for transformation you deserve.*

*Coach Wanda Marie*



## The LadyUp Creed to Live By

*To stand as a woman of power who commands her world  
with the grace of a Lady*

1. We own our time and we're not afraid to charge for it.
2. We no longer struggle; we command Order in every aspect of our lives.
3. We bring and invite Beauty into our world with grace and ease.
4. We honor and promote our Passion, for self-expression as well as for profit.
5. We allow more Grace into our lives by setting our intention and trusting our intuition.
6. We honor our bodies with extreme self-care and unconditional love.
7. We are clear about who we are, always authentic, ready and willing to be seen.
8. We easily shift between the feminine qualities of innocence, seduction, and mastery.
9. We are not afraid of our power, for with it, we are wise and responsible.
10. Our Word is our wand and our sword – we can comfort the sick or slay the dragon.
11. We never withhold Love – we use it to teach, nurture, and heal.
12. We receive with grace and ease, and never negate a compliment, for we are Ladies.



*Never Underestimate a LADY.  
She's a Playful Goddess and Fearless Queen.*

