Fulfillment Assessment

A Workbook Presented by: Positive Presence
Enrich Empower Inspire

Spiritual vs. Material Fulfillment

The Oxford American Dictionary defines fulfillment as "the achievement of something desired, promised, or predicted," and "satisfaction or happiness as a result of fulfilling or developing one's abilities or character." These definitions are both attainment-oriented, something you feel whenever you satisfy a want or desire, or reach a goal. You first experienced this kind of fulfillment when you were a newborn, entering into this world with no ability to speak. Whatever you needed AND desired, was provided to you in response to your cries. This kind of fulfillment continued, evolving into the elation you probably felt on Christmas morning waking up to presents under the tree, the pride of buying something you really wanted for the first time, the excitement of your first kiss, the thrill of receiving your first paycheck.

The pull to find happiness through this kind of fulfillment is never-ending and almost becomes a form of addiction as your life evolves wanting grander desires to be attained. The life of almost every human being is, for all intensive purposes, entirely influenced by it. It endures to the instant before your last breath -- when the object of your desire will likely be another lifetime of breaths. Fulfillment through attainment, although temporary, is also preeminent, and perhaps that is why it is the only definition you find in the dictionary.

Thankfully, there is another kind of fulfillment, one that the dictionary fails to include -- a kind that most spiritual traditions assert is critical to understand and ultimately learn in order to embody 'true happiness'. This other type of fulfillment is not dependent on any thing. It is based on a recognition, a shift in perception, a revelation. This kind of fulfillment is not dependent on circumstances being just right, nor is it derived from anything in the outside world. It comes from you! IT IS YOU!

"It is not inaccessible nor is it in distant places: it is what in oneself appears to be the experience of bliss, and is therefore realized in oneself." This quote from the Yoga Vasistha, one of the most comprehensive and esteemed of yogic scriptures, reveals everything you need to know about the kind of fulfillment not mentioned in the dictionary. This kind of fulfillment is usually hidden, masked by the world of things. This self assessment is the first step in analyzing which type of fulfillment is ruling your life. The next step is deciding which type you want to follow!

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Part 1:

The first step in feeling fulfilled is examining where you invest your time. In this exercise, think about a normal week for you, walk through it minute-by-minute, hour-by-hour, day-by-day – what are your spending your time doing? Write EVERYTHING... TV, driving, sleep, work, social media, etc... If you need more room in your playbook, use the back of the page. After you write out all of your activities in the activity column, rank each activity on a scale of 1-5 (1 = least important, 5 = most important). Then, determine what your level of fulfillment is with each activity (1 = no fulfillment, 10 = very fulfilled). If you assess an activity a fulfillment score of 5 or below, outline action steps you can take to start practice more fulfillment in that aspect of your life. **Note - DO NOT yet reflect on the people in your life, that's the next step in part 2.

Ranking	Activity	Fulfillment Score	Action Steps

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Part 2a:

The most important tool at our disposal for living a more fulfilling life is other people. The people we surround ourselves with have the biggest influence on our behavior, attitudes and results. Who you are around them and what those individuals cause you to think, say, do and become — sets the course of your life. In the words of motivational speaker Jim Rohn:

"You are the average of the five people you spend the most time with."

These people shape who you are. They determine what conversations dominate your attention. They affect that which you are regularly exposed to. Eventually you start to think like they think and behave like they behave. According to research by social psychologist Dr. David McClelland of Harvard,

"The people you habitually associate with determine as much as 95 percent of your success or failure in life."

That's huge and it has important consequences. It's a fact of life that some people hold us back, while others propel us forward. It's hard to hang out with negative people and expect to have a positive life. More importantly, if you do all the right things, but don't surround yourself with people who hold you to a higher standard, then you are more likely to fail in your ambitions.

So let's put this to the test, in your next exercise I welcome you think of a normal week for you and outline every person you dedicate time to – this isn't the barista at your favorite coffee shop, unless they're your best friend – these are the people you put on your calendar, you carve out space for, you intentionally take time to meet and connect. Once you outline those people, rank each contact on a scale of 1-5 (1 is the least important, 5 is the most important). And be honest with yourself – don't be easy on your contacts with this ranking simply because you want to love them. Then determine your positive score for each contact (10 = they make you feel very positive and 0 = they're pretty negative). If you assess a person a positive score of 7 or below, outline action steps you can take to either improve how you see you that person OR maybe re-allocate that time to someone that is more uplifting.

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Part 2b:

Ranking	Contact	Positive Score	Action Steps

'Surround yourself with people who are going to lift you HIGHER, life is already filled with those who want to bring you down.'

~ Oprah Winfrey

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Are you struggling finding fulfillment even after doing these exercises?

We can help with FREE COACHING!

Let one of our expert life coaches help you reflect on your current life choices.



Email us at info@positivepresenceglobal.com or call us anytime at (855) 905-0935.

We are here to help!