

# #engage

OVER THE PAST TWO DECADES OF WORKING WITH DOCTORS, LEADERS, ENTREPRENEURS, + THOSE WHO DESIRE MORE, I'VE IDENTIFIED 9 TOP AREAS OF AN ENGAGED LIFE.



Healing . Life . Coaching

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ENGAGEMENT CHECKLIST

+

ENGAGEMENT RATING

HOW ENGAGED ARE YOU?

engagement

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# 9 TOP AREAS OF AN ENGAGED LIFE:

1. Love
2. Spiritual
3. Time
4. Self
5. Thoughts
6. Growth
7. Life's Work
8. Finances
9. Fun

Less than full engagement in any of these areas slows or stalls fulfilling, forward movement in your life. The result is feeling stuck and unclear. And, of course, this can be painfully overwhelming. Thus, leaving you feeling heavy and unable to get out of the holding pattern you're in or the pit you feel yourself slipping into. Motion is life and life is motion. We tend to get stuck in an area where there's no forward movement. The longer we feel stuck, the more life is seemingly sucked out of us.

**Disengagement soon becomes *dis-ease* and a myriad of other symptoms.**

**The price for remaining stuck is...YOUR LIFE!** So it's time to answer these powerful, and possibly uncomfortable, questions:

**How valuable is your life?**

**How much is it costing you on a daily basis to stay unclear, stuck and disengaged?**

**Today's the day to get clear about what's here in each of these spaces,** and make room for YOU + LOVE in your life, so you can move on with a love-filled life (aka: a life you clearly love). Forward motion - *along with genuine belief, desire, and trust* - helps you discover the **Certainty, Abundance, Movement,** and **Purpose** necessary to fully engage with your life and fall in love with YOU, YOUR LIFE + LIFE'S WORK.

**Giving yourself the attention required to evaluate each area of these areas will help you love your life + life's work well...and heal your life well from the inside, out.**

**First,** I'll ask you a few key questions to help you determine your number from 1-10. (The number 10 means that your desire is your current reality. AKA - You're fully engaged and loving your living! *You get the idea. It's best to allow your heart to answer for you. Yes, my questions are directed at your heart. )*

**Second,** I'll ask you another question (or two) and have you list all the resources that are available to you in that area.  
(I've provided space for you to journal.)

**Third,** but not least, I'll also give you an opportunity to receive a fabulous bonus gift from YOURSELF. Got it?

**Okay, let's get started.**

## 1. Love \_\_\_\_\_

How do you rate the love in your life? I call it your "*Love...Life*"? Whether you're in a relationship with a significant other or not, how are the heart-felt connections in your life?

Now, let's look at all the resources in your *Love...Life*. Who are the people in your life that you LOVE? Family. Friends. Colleagues. YOU. Who are the people that you'd love to connect with? Possible collaborators. YOU? Those whom you can ask for help in creating a life you love.





## 2. Spiritual \_\_\_\_\_

How would you rate your spiritual life? It's the area of life that's on the inside of you, while being displayed in how you live life on a daily basis. It's your connection with God, your heart, and the truest version of you.

Where are you spiritually? Do you know that you're loved by God? What do you see as your spiritual resources or gifts that you have available to you?



### 3. Time \_\_\_\_\_

How do you rate the time that you live each day? Do you value your time or do tend to give it away or waste it? Are you intentional with where you invest your focus + attention? Do you own your time?

**Time is the most valuable resource you have.**

What time do you have available each day that you could invest in you and in building a life you love?



## 4. Self \_\_\_\_\_

Self care encompasses your inside (heart), outside (body), and space (the environment in which you live. What overall rating do you give your *SELF* and caring for *YOU*?

Without *YOU*, it's impossible to live your life. Period. Do you see yourself as a valuable resource? Please list all the resources that you possess (inside and out). This includes all your intangible, as well as tangible assets (things or stuff) that serve you (or could be serving you and your life.)



## **BONUS:**

**If while doing this exercise, you identify some things (intangible or tangible) that are NOT serving you...then jot them down here. YOU CAN MAKE THE DECISION RIGHT NOW TO LET THEM GO. This is your BONUS GIFT...to yourself.**





## 5. Thoughts \_\_\_\_\_

How's your thought life? What's your most dominant thought? Is it leading you closer to your desires or further away?

If your thoughts had the power to change your life (and THEY DO!), what thoughts are your greatest resources and most valuable to you?



## 6. Growth \_\_\_\_\_

The process of life requires growth. From the moment of conception, cells begin to divide with growth being the reason and result. Division, not necessarily addition, leads to growth. *Unless you're willing to open up + divide something, and allow it to become more than one, all the addition in the world won't bring the fulfillment that only growth can bring.*

We, as living beings, are geared for growth. It's natural and innate. If you're not growing, then you're slowly dying. This growth can be internal or external, but nonetheless, it's necessary for life.

It's also an indicator **of** life.

How do you rate the growth in your life? How do you see growth as a valuable asset or resource in your life? Are you committed to positive daily growth?

Where are you seeing the greatest growth?

Where do you desire to see it?



## 7. Life's Work \_\_\_\_\_

This is WHY we're here!

You're called to do something that only YOU can uniquely do. Your life's work is the creative work that you do each day that aligns with your passion and purposeful contribution to your life, as well as those in it. Are you making a living or creating a life you love living? What rating would you give your work life or *life's work*?

How do you see the work in your life as being resourceful?



## 8. Finances \_\_\_\_\_

Are you making the money that you desire to make? Are you building wealth? Are you creatively exchanging your value for a monetary value? Are you a producer or a consumer of life?

Money is a valuable resource, although as you can see by all the other incredible resources in your life, it's not the only one. How is your money serving as a resource in your life? Are you working for it or is it working for you?

## 9. Fun \_\_\_\_\_

Fun is about how enjoyable you see your life.

This includes hobbies, socializing, entertainment, and most of all “LAUGHTER”.

How much fun do you have in your life?

Most people don't see fun as a resource, often times putting it on the “backburner” when they feel as though their resources are limited. On the other hand, there are many times when people choose to waste resources on things that they label as “fun,” in an attempt to avoid feelings of disengagement in the other areas.

Does this sound familiar?



This isn't necessarily a place to waste resources, but to *invest* in the *resource* of FUN. The most successful people on earth reap the bountiful rewards of engaging with the resource of fun on a daily basis. They didn't wait to become successful before having fun, nor did they put success on hold while having it. They engaged with it as a resourceful building block of successfully creating the life they love.

THERE IS NOTHING MORE FUN THAN  
LOVING YOUR LIFE + LIFE'S WORK WELL!

How are you using fun as  
a resource in your life + life's work?

**Now, please total up all your numbers  
(ratings) and record them here: \_\_\_\_\_**

**THIS IS YOUR  
ENGAGEMENT RATING (*eRATING*)!**

Would you like to know how engaged you are  
with your life?

If your total is less than 45, you're  
**DISENGAGED.**

If your total is between 45 and 63, you're  
**SOMEWHAT DISENGAGED**  
(or perhaps hanging on by a thread).

If your total is greater than 63, you're  
**ENGAGED.**

**No matter where you find yourself today,  
the best news is that you've  
located yourself. Bravo!!  
It's not always comfortable to see  
ourselves clearly, but it's gratifying  
and our greatest asset in  
building the life we desire.**

**Now that you have your *eRating*, look at the  
three highest areas and focus there first.**

How could you love yourself more by tapping into even more of your current resources? For example, choose one resource in your top list to focus on and engage more fully with it.

**Next,** look at your three lowest areas and choose the resources that you feel have been the most overlooked and underutilized in these areas.

**Then commit** to fully engaging with those 3 resources (one from each of the bottom 3 lists) for the next 12 weeks and watch what happens.

Full engagement means that you give it your most conscious attention by doing the following:

- **Recognize it.**
- **Give thanks for it.**
- **Open it and see what's inside.**
- **Make a plan for how to best utilize it.**
- **Act on it with full, consistent attention.**

**FULL Engagement is a daily commitment.  
Living a *fully engaged life* is a style of living  
that creates a life of love and one that you'll  
love living. It's what I like to call,  
*"A Wellthy Love...Life."***

**The moment you become engaged is the  
*present* you can begin the  
MOST VALUABLE  
LOVE STORY...  
THAT IS YOUR LIFE + LIFE'S WORK.**

**Congratulations, you're well on your way to  
becoming the *great lover of your life*.**

I'm here to assist you in getting clear and fully engaged in Your *Love...Life + Life's Work*.

For more *Healing Life Coaching* and HOPE-FILLED INSPIRATION, check out [doctorshannon.com](http://doctorshannon.com).

*WELL...Come* to my Inspired + Engaged Family. I'm officially adding you to my special "*eLove List*."

That way I can share the love with you each week by sending you an inspired message of hope that'll inspire + inform you to transpire + transform so you can Love Your Life + Life's Work Well.

XO

Dr. Shannon

