



# **YOUR FULL LIFE**

## **ASSESSMENT REPORT**

For Ehsan Sabet

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# INTRODUCTION

**Life is like a dream.** Most people go through life in a rush, working hard to chase an endless list of goals and desires. Before you know it, years have passed and you still feel unfulfilled.

The things you thought would give happiness and fulfillment haven't ... and you don't know why. You want to "get life back on track"... but don't know how

This Life Assessment will give you the jumpstart you need to begin your journey towards a full and meaningful life. Lifehack designed the Full Life Framework to achieve this goal:

- To excel in not just one area, but all important areas of your life
- With practical ideas and actions that anybody can understand and practice
- And achieving all this while overcoming real world constraints

## **YOUR JOURNEY BEGINS WITH SELF DISCOVERY**

Understanding where you stand now and where you want to be is the first important step in your journey. Unfortunately, when it comes to the question — “what do you want?” most people discover that it's not so easy to answer!

Through the answers you provided in the assessment, we've come up with a set of objectively and statistically accurate scores that reflect a genuine snapshot of how you feel about your life right now.

This assessment report is divided into 3 parts:

- **PART 1:** YOUR LIFE MISSIONS REPORT
- **PART 2:** YOUR PERSONALITY ARCHETYPE REPORT
- **PART 3:** YOUR CUSTOM ACTION PLAN

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## PART 1: YOUR LIFE MISSIONS REPORT

Life is multidimensional. It takes "success" in more than one area to give full meaning and purpose to your life.

Different areas of life are interlinked and interdependent. For example, poor family life can bring down your career, while poor health can bring down everything.

But how do you know what areas of life are important? What parts are you missing?

We use 6 Life Missions to describe the spectrum of a Full Life and our angle on them:

### YOUR "OUTER WORLD"

- **FAMILY & RELATIONSHIPS** - Because nobody is an island. Our relationships and how we contribute to them enrich our lives.
- **WEALTH & MONEY SATISFACTION** - Because we need resources to achieve our goals.
- **CAREER AND WORK** - How you contribute to the world through your unique strengths and talents.

### YOUR "INNER WORLD"

- **MENTAL STRENGTH** - Your ability to deal with and overcome adversity and obstacles
- **PHYSICAL HEALTH** - Your care for the physical body that lets you participate in this world
- **SPIRITUAL WELLNESS** - Your connection with yourself, nature, and maybe a higher power

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## YOUR LIFE MISSION SCORES:

Finding balance and fulfillment in life can sometimes feel like an intangible goal, especially when you don't know exactly why or understand what's missing. Your Life Mission Scores help you quantify things into 3 perspectives:

**IMPORTANCE** - How much priority you place on this life aspect compared to others

**SATISFACTION** - How fulfilled you feel in this life aspect

**STRENGTH** - How strongly you perceive your ability to succeed in this life aspect

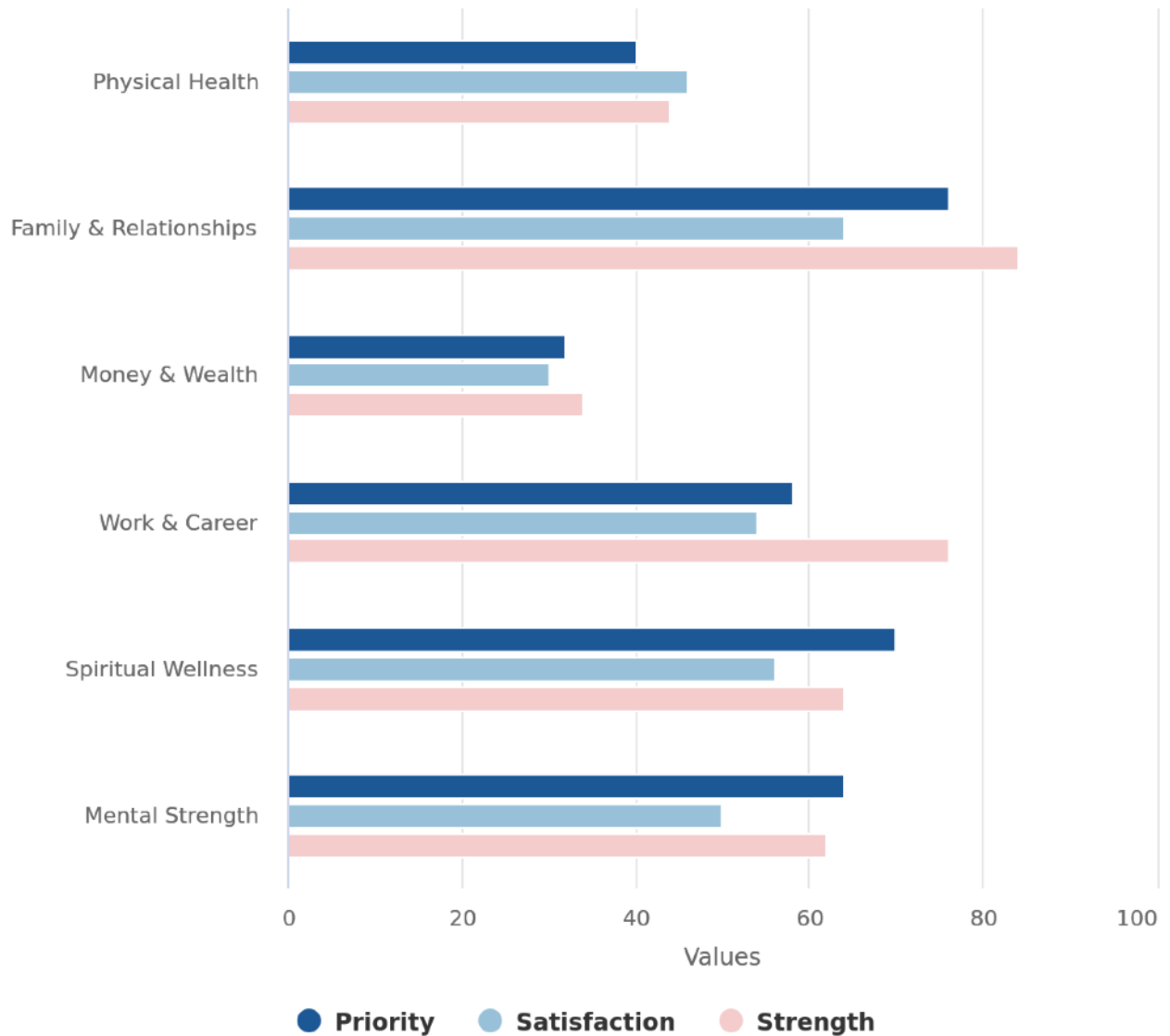
Below are your Scores for each Life Aspect:

	<b>PRIORITY</b>	<b>SATISFACTION</b>	<b>STRENGTH</b>
Physical Health	40	46	44
Family & Relationships	76	64	84
Money & Wealth	32	30	34
Work & Career	58	54	76
Spiritual Wellness	70	56	64
Mental Strength	64	50	62
<b>Overall Averages</b>	<b>57</b>	<b>50</b>	<b>61</b>

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## How to Interpret Your Scores

Each specific score is not meant to be taken as an absolute figure - alone they don't provide much meaningful information. Their power comes when you compare how the 3 perspectives relate to each other.



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Here are some questions for reflection:

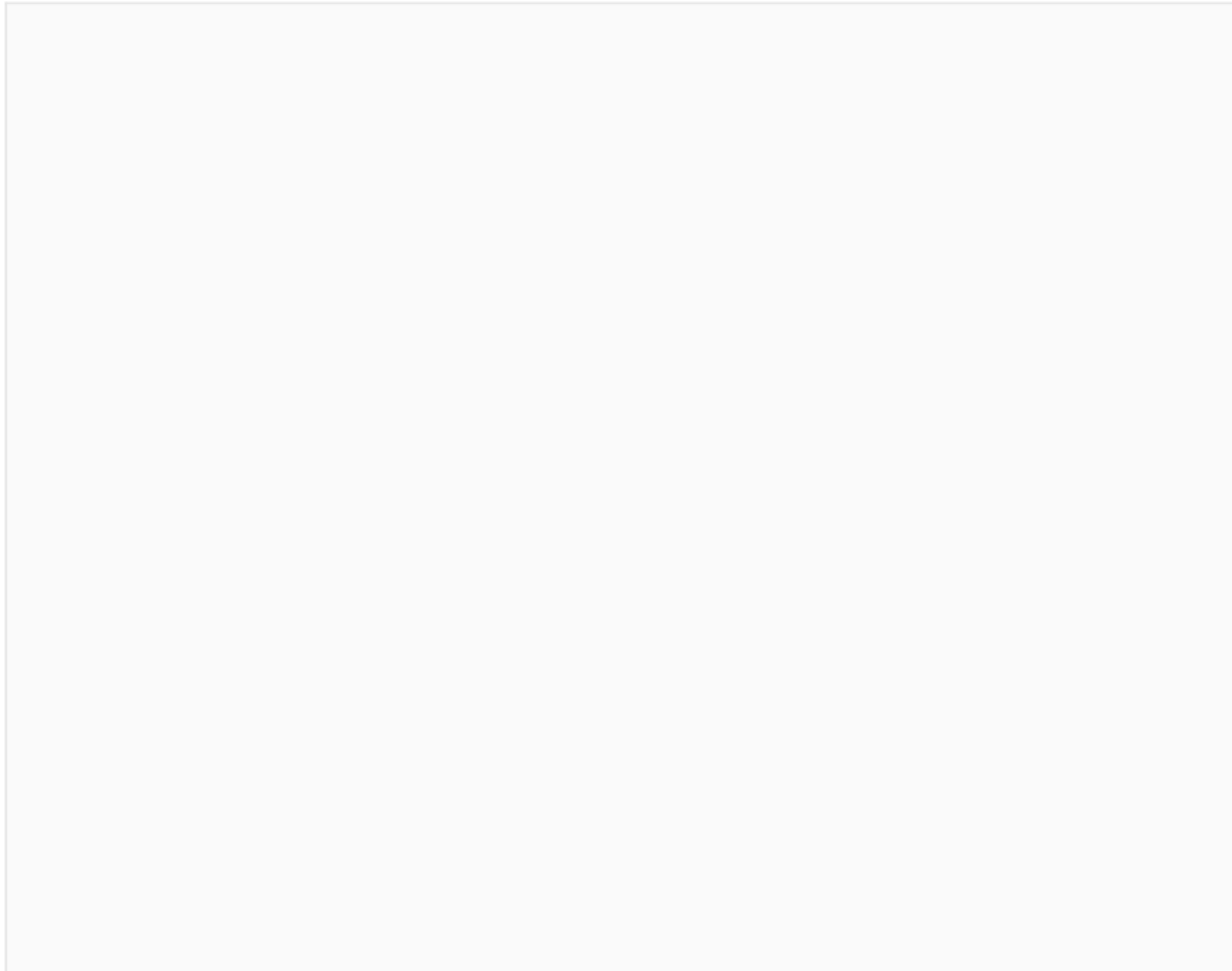
What are your top 3 Life Missions by **importance**?

- Are they different from what you thought they would be?

Which aspects have the lowest **satisfaction**?

- How do they compare to importance?
- How closely related are your perceived **strengths** to your satisfaction?

*Feel free to jot down your notes below:*

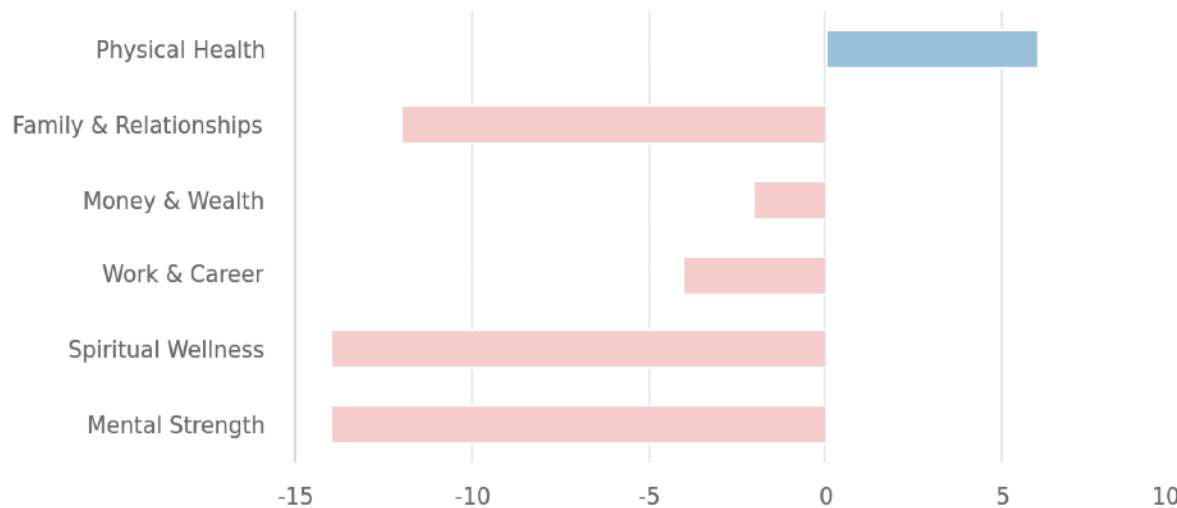
A large, empty rectangular box with a thin grey border, intended for the user to write their reflections and notes in response to the questions above.

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## LIFE MISSION IMBALANCES:

In our research we've identified that the biggest areas of happiness or dissatisfaction happen when there's a big gap between importance and satisfaction.

From your scores, here are how they measure up for each Life Mission:



Bars in the red show a negative imbalance: The longer the bar, the bigger the gap between how much satisfaction you feel vs. how important it is to you.

Bars in the blue are vice versa. You're relatively happy about this part of your life

Based on your Scores, these are the top 3 Life Aspects that we recommend you focus on:

- 1. Spiritual Wellness**
- 2. Mental Strength**
- 3. Family & Relationships**

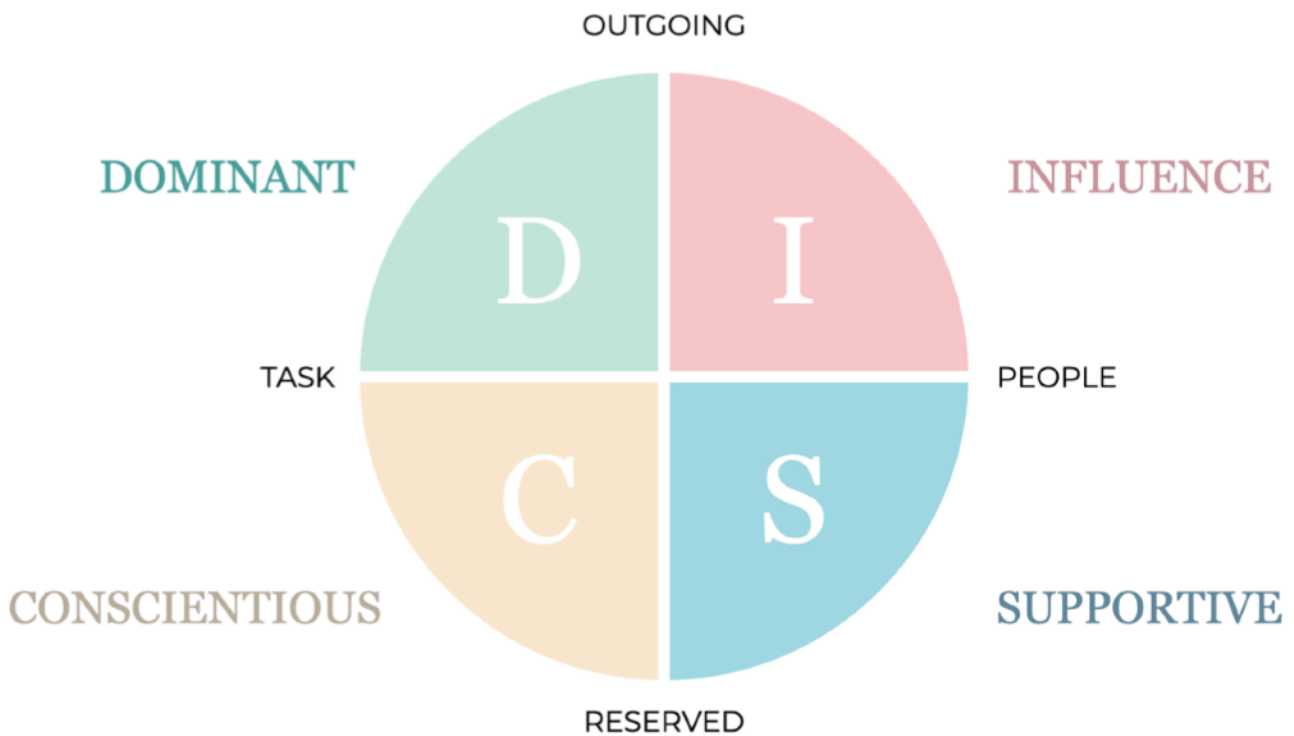
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## PART 2: YOUR PERSONALITY ARCHETYPE

The most successful people are those who understand their strengths and behavior. All people have a natural underlying advantage which can be realized by building strategies around them.

We use a modern adaptation of the DISC model developed from the work of Harvard psychologist Dr. William Moulton Marston. It's been used by millions of people to better understand their personality type and behavioral style.

**DISC stands for “Dominant, Influence, Supportive and Conscientious”** which are four core personality traits it measures.



Everyone is a blend of all four traits, and the unique proportion of each trait in every person gives them a different life outlook and behavioral style. Every style has its own strengths and weaknesses. No one style is better or worse than the other.



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## HOW DISC WORKS

DISC describes your behavior along two dimensions of fundamental human motivators:



### Vertical: Bold ↔ Cautious

The vertical dimension describes your **temperament towards action**.

The upper half represents outgoing people who tend to be more outspoken and faster paced. They are generally more bold and assertive with decisions.

The bottom half represents reserved people who tend to be more careful and thoughtful. They generally take things methodically, with careful consideration of all factors before deciding on a course of action.



### Horizontal: Task ↔ People

The horizontal dimension describes your **temperament towards priority**.

The left half represents task-oriented people, who tend to focus on logic, results, and data. They like to question things and are generally more skeptical and objective.

The right half represents people-oriented styles, who tend to focus on experiences, feelings, relationships, and interactions with other people. They generally are more accepting and trusting, going with their gut feeling and intuition.

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Combined together, they create 4 quadrants of personality archetypes which can describe a wide range of personalities, strengths, and behaviors.

## THE 4 DISC TRAITS



The **D (Dominant) trait** describes people who are direct, decisive, results-oriented, and outspoken with their opinions.



The **I (Influence) trait** describes people who are outgoing, charming, enthusiastic, and persuasive.



The **S (Supportive) trait** describes people who are gentle, accommodating, stable and patient with others.



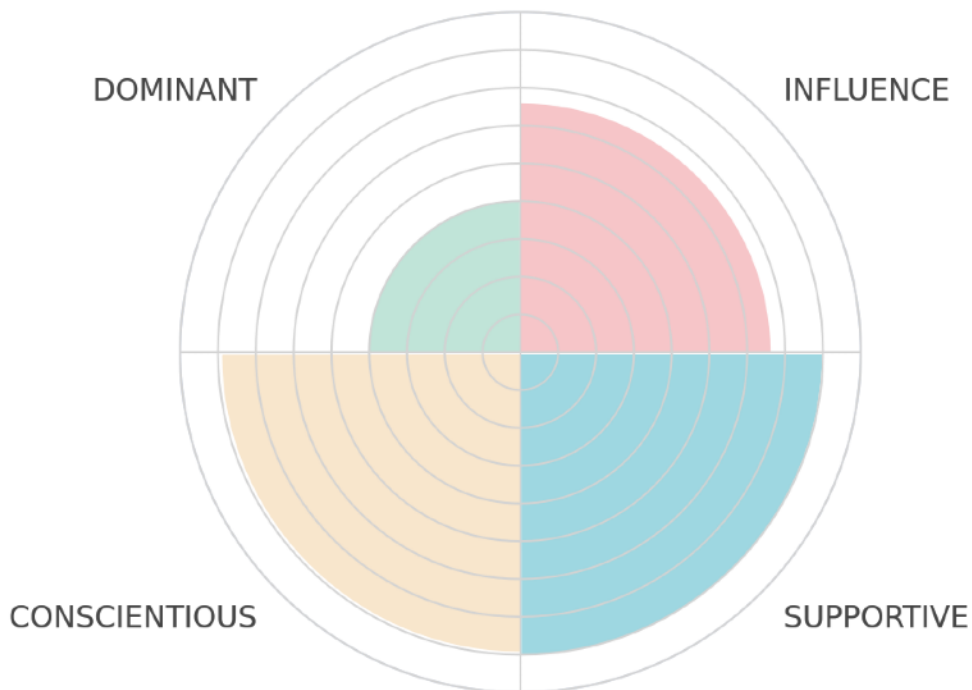
The **C (Conscientious) trait** describes people who are analytical, reserved, diplomatic and precise.

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YOUR DISC ARCHETYPE:

## **S-C "THE MEDIATOR"**

**Also known as:** The Supporter, The Counselor



You are a reserved and silent person and prefer to spend time alone in calm and peaceful settings. You have a vibrant internal world, and see things in terms of signs and symbols, frequently viewing them as metaphors with deeper life implications. You enjoy exploring the depths of your imagination and ideas.

On the exterior you're friendly and warm-hearted, an empathetic listener, and easily put others at ease. You value patience, calmness and gentle openness. You're not outgoing by nature, however, and rely on other more assertive people to take the lead. Your circle of friends and close acquaintances may be small, but it's tightly-knit.

### **YOUR STRENGTHS**

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**Creative** – You love to see things from unconventional perspectives, and flex your imagination with creative pursuits. Any sort of endeavor that involves discovering new ideas and possibilities is where you truly shine.

**Empathetic** – You don't just care about other people in an abstract sense, but have an intuitive sensitivity to other people's emotions. This makes you thoughtful and kind hearted, going out of your way to hurting anyone, even unintentionally.

**Patient** – You have the persistence, dedication and restraint to work steadily at things until it's achieved. This makes you dependable and loyal, and combined with your natural empathy makes you particularly effective as a counselor.

**Idealistic** – You always strive to follow your intuition instead of just pure logic, even when doing the right thing isn't easy or convenient. You're always searching for a meaningful, purpose-filled life – one that helps others and leaves the world a better place.

**Open-Minded** – You are tolerant and accepting of others and don't like to judge anyone else's beliefs, lifestyles, or decisions. This makes you a natural mediator and confidant to people from a variety of walks of life as they can always seem to find a common ground with you.

## **YOUR WEAKNESSES**

**Self-Isolating** – While you enjoy connecting deeply with others, sometimes you take a more passive approach in social situations. Your introspective nature may have the unintended consequence of leaving you more lonely or isolated, even if that's not what you wanted.

**Self-Critical** – You believe in your unique potential, and want to live up to it. But this can cause you to have unrealistic expectations for yourself. When you fail to live up to these visions, it may leave you feeling useless or inadequate. This internal dialogue can sometimes go too far, leading to lower self esteem or giving up on things prematurely

**Resistant to Change** – Your patient nature also means sometimes you need time to adapt to new situations. This makes you have an inherent dislike of change, and prefer to maintain the status quo whenever possible. Sudden change or dynamic circumstances can be very difficult for you to deal with.

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## PART 3: YOUR STRATEGY AND ACTIONS

It's important to remember that **this is a snapshot of you at this current moment** — We want to use the results of this assessment to be the baseline for your journey. This is where you're at now, and it will change as you make progress.

In this section we're going to take all this newfound knowledge while it's still fresh in your mind, and transform it into something you can start taking action on.

### WHAT DO YOU WANT TO ACHIEVE?

The first step is to set a big meaningful life goal that is the most relevant to you right now. You can refer to your Life Aspect scores from Part 1. Maybe it's your current top priority in life. Or maybe you want to focus on the area you feel least satisfied with

Here are some questions to help you out:

- What do you need or desire to achieve the most in your life right now?
- What kind of goal will get you out of bed in the morning and really spark your motivation?
- What's an important goal that you've been holding back on — because it's conflicting with other parts of your life?

*Write down your notes below:*

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## BRING YOUR LIFE ASPECTS INTO ALIGNMENT

Having 6 Life Aspects doesn't mean you should be making 6 different goals and trying to pursue them all at the same time. Instead of trying to balance all 6 of your Life Aspects separately, our goal is to align them together in the same direction.

To do that, the question you're going to ask is:

*"How can all of my 6 Life Aspects be helping my big goal instead of conflicting with it?"*

The answer is by defining **supporting goals** in such a way that they grow each Life Aspect while helping to achieve your big goal at the same time.

Let's try that now! Set one supporting goal to focus on for each of your Life Aspects.

Don't worry, it doesn't have to be too grand or far-reaching. It can be something really simple as long as it's in the right direction.

### 1. FAMILY & RELATIONSHIPS

- How can I enhance my family or other relationships that compliments my goal?
- What type of relationship can I nurture that will align with my goal?
- What types of ways can I include important relationships within my goal?

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## 2. WEALTH & MONEY SATISFACTION

- Is there a way this goal can help me earn or save money?
- Can I budget smartly to support my big goal's resources?

## 3. CAREER AND WORK

- What work related skills can I develop that compliments or enhances my goal?
- How can I systemize my goal achieving process to make it applicable to achieving work or team goals too?

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#### **4. MENTAL STRENGTH**

- What focus and/or time management skills can I gain while achieving this goal?
- How can I train or improve my mental energy during this process?

#### **5. PHYSICAL HEALTH**

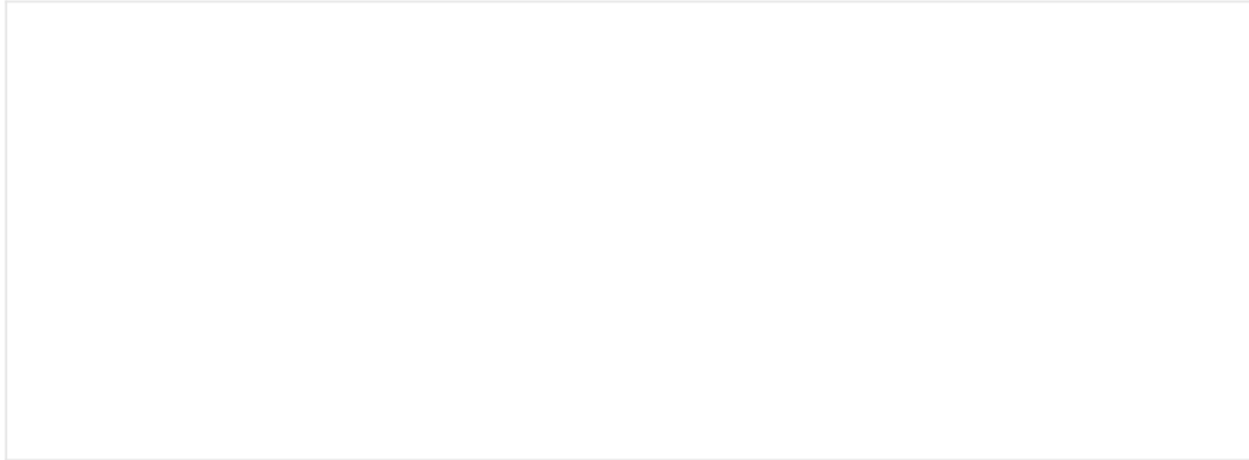
- What fitness or health-related achievements can I incorporate into my goal?
- What kinds of healthy physical activities or routines can I transform into regular habits during the process?



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## 6. SPIRITUAL WELLNESS

- How can I improve my self-awareness or self-confidence during my goal process?
- What activities can I incorporate that will help me improve my mental wellness?



## COMMIT TO ACTION

Now that you have a solid direction and some supporting goals, it's time to put them into action. From here, there are a lot of options - but the most important thing is to get your momentum going.

A great starting point is to plan one action each day that will move you closer to each of your supporting goals. Even some small little actions count for a lot!

Your next big breakthrough is discovering how to get better and more concrete results - all while doing it all with less time and energy

That's where Lifehack can truly help your life to shine.

### Want To Accelerate Your Results In 5 Days?

[Get step-by-step guidance with the Full Life Framework Workshop »](#)