



Momma Four Paws Up Assessment



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The only person you are destined to become is the person you decide to be.

—Ralph Waldo Emerson

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Congratulations on joining the RDM community and taking your first step in creating the fabulous life you have always desired for you and your doggy. When you begin a new journey you need to assess where you are at so you can determine where you want to go.

This is a judgment free exercise Mommas so be kind to yourself. Life is one amazing adventure with many twists and turns. You have the power to decide your destiny going forward. Let's have some fun!





LIFESTYLE

(HEALTH, DIET, EXERCISE, STRESS)

Evaluate your *lifestyle* on a scale of 1-10. Explain *why* you feel you are at this place.

What obstacles have stopped you in the past? For instance, if you want to increase your fitness routine, what has been stopping you from taking your doggy for a long walk after work?

Set two to three *lifestyle* goals for the New Year. What do you want for yourself that you haven't achieved? Be specific and find your *why*. For example, I want to lose 20 pounds by summer so I can actively play with my doggy and stay healthy for him. What goals can you set to take your lifestyle to the next level?

- 1) _____

- 2) _____

- 3) _____

How will you feel, look, and what will you be able to do once you achieve these goals?
Paint the picture.

What strategies can you put into place to help you achieve these goals? For instance, if you want to lose weight and regularly binge-eat after a stressful day at work, what strategies can you utilize to curb this behavior? You *will* call a friend, take a walk with your pup, attend a yoga class, or practice meditation.



CAREER/PASSION/MISSION

Evaluate your *career/passion/mission* on a scale of 1-10. Explain *why* you feel you are at this place.

What obstacles have stopped you in the past? For example, if you are working at a job that brings you no fulfillment, why are you still there? Is it because you are afraid of change? Is it for financial reasons?

Set two to three *career/passion/mission* goals for the New Year. What do you want for yourself that you haven't achieved? Be specific and find your why. For example, I am going to dedicate 8 hours a week to writing a novel, which is my passion. What goals can you set to take your career to the next level?

- 1) _____

- 2) _____

- 3) _____

What amazing things will happen in your life when you achieve these goals? What will your daily existence look like? Paint the picture.

What strategies can you put into place to help you achieve these goals? For instance, if you want to change jobs, how will you make this happen? You will update your resume, research current job openings, fill out applications, or invest in a life coach to guide you.



RELATIONSHIPS

Evaluate your *relationships* on a scale of 1-10. Explain *why* you feel you are at this place.

What obstacles have stopped you in the past? For instance, why are you not socializing? Why do you always say no when a friend or dating prospect invites you out?

Set two to three *relationship* goals for the New Year. What do you want for yourself that you haven't achieved? Be specific and find your why. For example, I am going to join a weekly cooking class to meet fellow aspiring chefs because I want more likeminded people in my life. What goals can you set to take your relationships to the next level?

- 1) _____

- 2) _____

- 3) _____

How will your life be more fulfilled? Paint the picture.

What strategies can you put into place to help you achieve these goals? For instance, if you want to meet a romantic partner, how can you make this happen? You will say yes when someone asks you out, join an online community, or hire a matchmaker. In turn, maybe you and your partner have hit a rough patch. You will go see a counselor, work on communication, or plan date nights to reconnect.



CONTRIBUTION

Evaluate your *contribution* on a scale of 1-10. Explain *why* you feel you are at this place.

What obstacles have stopped you in the past? For instance, why do you fail to follow through in getting your dog certified as a service dog or show up at your friend's fundraiser?



Set two to three *contribution* goals for the New Year. What do you want for yourself that you haven't achieved? Be specific and find your why. For example, I am going to volunteer as a mentor at our local grade school because my mentors played a critical role in my life. What can you do to take your current contributions to the next level?

1) _____

2) _____

3) _____

How will giving back to the world change your outlook on life and make you feel? Paint the picture.

What strategies can you put into place to help you achieve these goals? For instance, if you want to support your local animal shelter, you will put \$5 to donate in a jar every week (and forgo a fancy coffee drink) or dedicate one Saturday a month to volunteering.

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We have to stop thinking that being successful means doing it alone. We achieve with others - furry others included!

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— Erin Clifford



Congratulations on taking your first step to investing in yourself as well as making you and your dog's health a priority. Remember you are not in this alone. I as well as other Mommas are here to hold your hand along this new journey. We are thrilled to have you as part of our amazing Rockstar Doggy Momma community - let's get this healthy party rocking!



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DOGGY MOMMA