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The Leading Authority on Overcoming Self Sabotage in  
Love, Relationships, and High Performance



## Checklist for Optimal Life Performance

This checklist is designed to clarify and promote your own self-discovery to allow you to become more aware of your thoughts, feelings, behaviors, and circumstances that contribute to your emotional, physical, social, and personal well-being for optimum success in love, relationships, business, and all areas of your life.

Read each question and circle or check the qualities that describe you.

1. I feel in control of my life most of the time.
2. I enjoy my life.
3. I am happy most of the time.
4. I feel accepting of myself.
5. I love myself.
6. I can be gentle and nurturing with myself even when I make mistakes.
7. I am grateful for blessings in my life.
8. I regularly take time to acknowledge gratitude.
9. I believe I have a purpose for my life.
10. I take time to have fun or to relax each day.
11. I practice empathy in which I can put myself in the other person's shoes.
12. I am able to express my thoughts and feelings directly to others.
13. I give and receive love daily.
14. I recognize when I'm becoming angry, sad, or stressed and take actions to promote positive changes in my emotions and situations.
15. I have confidence in myself.
16. I accept my abilities and limitations.
17. I can forgive myself when I make mistakes.
18. I am able to forgive others.
19. I am able to let go of past pain.
20. I live in the present moment.
21. I look forward to the future.
22. I consciously praise myself when I accomplish desired actions or goals.
23. I am able to praise and encourage others.
24. I have at least 2 confidants that I can share my true thoughts and feelings.
25. I have good friends in my life.
26. I feel cherished and valuable.
27. I am able to remain calm when faced with difficult situations.
28. I am logical and think of ways to produce the best outcomes.
29. I am in touch with my emotions.
30. When I go to bed, I am able to turn off my thoughts most of the time.
31. For the most part, I feel refreshed and alert.
32. I can be myself.
33. I feel loved.

34. There are special people in my life that I am close to.
35. I feel comfortable doing things for myself.
36. I like doing things for others.
37. I am connected with a sense of spirit that is outside myself.
38. I feel competent in the ways I handle tasks at home and work.
39. I can ask for help when I need it.
40. I feel comfortable when I am alone.
41. I am able to make direct requests.
42. When I feel stuck, struggle with a task, or need help, I can request assistance from family, friends, or co-workers.
43. I enjoy doing activities with others.
44. I laugh and smile almost daily.
45. When I'm angry, disappointed, or upset with another, I'm able to constructively express my emotions and thoughts without blaming, criticizing, and putting down the other person.
46. I use both my mind and emotions to make the best choices.
47. I feel empowered to create emotions, thoughts, and actions that lead to positive results.
48. Most of the time, I feel a sense of peace.
49. When I deal with uncomfortable emotions or situations, I can change my perspective and take actions that contribute to my sense of control and well being.
50. I look for the positives in my life.
51. When I am wrong, I am able to readily admit my error to others or myself.
52. When I hurt someone, I am specific in my apology for my actions.
53. I avoid comparing myself with others.
54. My actions are consistent with my values.
55. I feel a closeness or connection to God, Source, nature, or spirit.
56. I am able to fulfill my own needs and wants.
57. Each day I am able to physically connect with others such as through hugging, snuggling, massaging the neck and shoulders, holding hands, etc.
58. Most of the time my mind, heart, and body are aligned as one.
59. I believe that I deserve the best life has to offer.
60. I receive love from others each day.
61. I pray or meditate regularly.
62. I know how to quickly develop quality relationships.
63. I am able to build lifelong friendships.
64. I appreciate and am comfortable with my appearance.
65. I take care of my body with nourishment and exercise.
66. I directly communicate to find out another's thoughts, needs, and wants.
67. When I am troubled, I am able to talk to a trusted friend or my partner.
68. I let those closest to me, see the real me.
69. I can and do create my feelings and events in my life.
70. I know and accept that I do my best most of the time.

The more qualities endorsed, the greater your possibility of emotional and personal wellness, reflecting the ways you show up through increased performance in all areas of your life as well as your capacity for deeper, richer relationships. This checklist can assist you in consciously making strides to gain awareness and skills for a healthier, happier, more empowered and balanced life by recognizing and developing YOU3™: loving you...loving others...and loving "us," the special love of your life. Are you ready to be EXTRAordinary™?

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