



The Goodlife Self-Assessment Guide

A simple check-in to see where you are right now and guide you to the right next step for you.

Stop guessing. Start growing.

Level 1: Survival Mode – Always Reacting

Life feels busy and overwhelming. You're often on edge and stuck in "go mode." **Ask yourself:** Am I reacting more than I'm choosing?

Next step: Listen to Episode 1 of The Goodlife Podcast: *What's Your Idea of The Goodlife?* [Listen Here](#).

Benefit: Reconnect to your own vision and spark clarity about what matters most to you.

Level 2: The Follower – Looking Outside for Answers

You often compare yourself to others or look for approval and direction.

Ask yourself: Am I living in a way that feels right for me?

Next step: Start the 30-Day Habit Change Challenge, learn to give yourself a command and follow through. [Start Here](#)

Benefit: Build confidence with small, consistent actions that create real change.

Level 3: Feeling Stuck – Big Dreams, No Action

You want change but feel stuck, full of ideas but no follow-through.

Ask yourself: What's holding me back from starting?

Next step: Watch *Change Your Habits Masterclass* to build momentum. [Free Masterclass](#)

Benefit: Learn practical tools to overcome blocks and move forward with purpose.

Level 4: Starting to Own Who You Are

You're learning to listen to yourself and live authentically.

Ask yourself: Where am I holding back the real me?

Next step: Become a part of The Goodlife Space, a quiet place to hear yourself, breathe, and grow intuitively. [Join the Goodlife Members Space](#)

Benefit: Connect with a supportive space that encourages and inspires your growth.

Level 5: Committed to Growth

You show up with intention, making changes and building habits.

Ask yourself: Where am I ready to grow next?

Next step: Learn How to Manifest the Goodlife Way. [Start Manifesting Your Dream Life Today!](#)

Benefit: Once you learn the foundations to manifesting you can apply them intentionally for the rest of your life.

Level 6: Ready for a Bigger Shift

You've done the work and want more depth, alignment, and support.

Ask yourself: Am I investing in my growth or just coasting?

Next step: Dive into either the 1:1 or Group Identity Shift Six-Month Coaching. [Book a Call](#)

Benefit: In-depth identity shifting, clearing outdated programming and beliefs that no longer serve who you are becoming now.

Level 7: Leading Yourself with Confidence

You trust yourself, make aligned choices, and lead from within.

Ask yourself: How can I stay grounded as I keep growing?

Next step: Become a part of The Goodlife Mastermind and connect with like-minded women ready to expand.

[Book a Call](#)

Benefit: Support, inspiration, and leadership growth with a community that gets you.

Growth isn't a race. Take a breath, reflect honestly, and trust your next step. You don't have to do it all, just keep choosing what's right for you, one step at a time.

The Goodlife Approach is here to support you wherever you are on your journey.

Remember: Your greatest asset is your ability to be yourself. Choose YOU!

Donna x



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