

# LIGHTEN UPGL★BAL

What lights you up changes the world.

## A Self-Assessment That Can Rock Your World!

by



**Sandy Parker**

Lighten Up Facilitator and Muse

## Is This You Right Now?

If we're lucky, there comes a time in every woman's life when we wonder if there can be "more" – more happiness, more creativity, more fun in everyday living. Since you're reading this now, that means you're asking that very question (whether you consciously know it or not).

See if any of the following describes you and your life right now:

- You have extra time on your hands and you don't know what to do with it.
- It's hard to find interesting things to talk about with your significant other, family or friends.
- You've worked really hard and it seems like you should be happier by now.
- You can't remember the last time you had a big dream for your life.
- Your creative flow seems like it's a vague memory.
- You want to feel bigger / sexier / happier in your life.
- It feels like it's been too long since you had a joyful surprise in your life.

If any of these resonated with you, then here is what you might be looking to create in your life:

- You're ready to create a life you love that allows you to fully express yourself.
- You are choosing to have deeper, more loving and more fulfilling relationships.
- And you're looking to experience new levels of health and happiness every day.

But how do you know you're ready to Lighten Up and start living your life with fresh perspective? The reality is that to do so means you will need to make changes in how you're doing things now. What got you here won't get you there... and sometimes you don't know how to bridge that gap. (Fortunately I do – but we'll get to that...)

First, please answer the following questions honestly to help you determine if you are really ready to do what it takes to let your light shine bigger, brighter and bolder. This is a self-assessment – nobody else will see it! – so let your hair down and be truthful with yourself. It's the only way to create long-term success and happiness by your definition. This is your life. It's your definition that matters. Give it a go!

## Self-Assessment Questions

Please answer the following questions with a True or False answer.

### Life

1. \_\_\_ I don't have any secrets.
2. \_\_\_ I enjoy holiday celebrations and festivities.
3. \_\_\_ I am emotionally strong.
4. \_\_\_ I had a good (if not great!) childhood.
5. \_\_\_ I have never considered cosmetic or plastic surgery even least once in my life.
6. \_\_\_ I am happy.
7. \_\_\_ There is nobody who I hate (even if they don't know).
8. \_\_\_ I am intelligent.
9. \_\_\_ I feel secure in my country (even after reports of terrorist attacks and epidemics).
10. \_\_\_ Being a parent is important to me.
11. \_\_\_ I can easily gain or lose 10 pounds.
12. \_\_\_ I have had a psychic experience (reading someone's thoughts, telling the future, etc.).
13. \_\_\_ I would donate an egg to a close friend who couldn't conceive on her own.
14. \_\_\_ On most days, I like how my body looks in clothing.
15. \_\_\_ I am ok with aging / getting older.
16. \_\_\_ I often set targets and achieve them.
17. \_\_\_ I never get bored.
18. \_\_\_ I love my life.
19. \_\_\_ I enjoy learning, even if it puts me into discomfort but I gain in the end.
20. \_\_\_ I believe that life can be easy.

\_\_\_ Total of True

\_\_\_ Total of False

## Career / Business

1. \_\_\_ My desk is clean, organized and I can always find what I need.
2. \_\_\_ I feel dynamic in my professional life and can easily handle day-to-day tasks.
3. \_\_\_ I can see my career or business growing and know that I can keep up.
4. \_\_\_ I know some of what I do can be automated but I don't have the time or knowledge to make the change.
5. \_\_\_ I am currently stressed out about my work (and life!).
6. \_\_\_ I have been late for a job interview or important meeting.
7. \_\_\_ I like (or even love!) my job.
8. \_\_\_ I want to change my field (or industry or position) at work.
9. \_\_\_ I am satisfied with my career or business.
10. \_\_\_ I am optimistic about the future for how I earn a living.

\_\_\_ Total of True

\_\_\_ Total of False

Please answer the following questions with a brief phrase or sentence.

## General Insights

1. What would you most like other people to think and say about you?

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2. When was the last time you bought flowers or a live plant for yourself?

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3. If you could indulge in anything you want for yourself TONIGHT, what would it be?

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4. If you are not able to indulge in what you want for yourself, what stops you?

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5. Think back over the last few months to when you were angriest – how did you react?

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6. What is the most important characteristic of a dream job, career or life's work?

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7. What is your greatest fear?

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8. What talents would you most like to have (that you don't already have)?

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9. If there were one thing you could get more of in your life, what would it be?

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10. What is the last dream you remember having? And when did you have it?

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## Scoring Your Self-Assessment

So how did you do? Did you learn something new about yourself? Because that's really the point of this self-assessment... that you discover something you didn't know or surfaced something that you'd put away for too long.

The scoring guideline that I offer you is this: if you had more than 4 False in the Life section, and more than 2 in the Career / Business section, it's time to take a closer look at your life to create more of what you really want to experience.

We often don't take the time to consider the totality of our lives and that was the point of the General Insights section. Each one of those questions can lead to a provocative conversation with yourself when you just ask yourself why you answered as you did – keep asking yourself 'why?' and see what arises within you.

My intention was to give you eclectic input by which to consider your life from a different direction than you usually do (IF you do!). Why? Because that's how you can get a fresh view on it in order to make new decisions and have the life you really want!

Too often we settle into the status quo, we get comfy with the routines of our lives and we lose the sense of wonder, play and awe about life and our place in it. I know this because I did it – I got caught up in the trap of thinking I had to do what everyone else expected of me. (And that even includes my current business, by the way! I was a 'marketing consultant' because that's what I knew to be – and it wasn't until I 'got' my life purpose as a Muse to inspire people just like you into living their best life that things really took off for me! But I didn't know what I didn't know... and that's likely the case for you too.)

Think about it - we can't see our own blindspots. And we are conditioned to work hard and follow the rules and live between the lines – and so we do! It doesn't matter if we're happy because it's just the way it's always been done and it's what other people expect of us, right?

Eventually days turn into weeks into months into YEARS and we think 'oh, I'll get to what makes me happy someday...'

Well, someday is HERE! The only time that matters is NOW – and it's time to do what needs to be done for you to be happier, healthier and feel sexier, more creative and playful! When you're feeling good, the world smiles with you... so it's time to Lighten UP!

I appreciate you sharing your time with me now... and I'm REALLY looking forward to working (playing!) with you!



Sandy Parker

Lighten Up Facilitator and Muse



## My Personal Invitation To You

If life has gotten too serious, boring, frustrating or 'not enough', we need to have a chat.

I work with women who are ready to take their lives to a new level of happiness through inspired living.

And if that makes sense to you, let's schedule a personal Illumination Session to see what's going on with your life and where you have some untapped opportunities for fun, flair and fabulousity waiting for you.

There are two ways to illuminate your light – one is to release the B.S. (Belief Systems) that have been keeping you small and the other is to explore your destiny so you can expand. Depending on what resonates most with you, we will begin the journey of illumination together in this 45-minute personal session.

Fair warning about what to expect – you may find yourself laughing, feeling better than you have in a long time and seeing yourself and your life in new ways. But make no mistake – this Illumination Session can literally change the rest of your life because I will 'see' you. And we will consider together what's been blocking your light and how you can maximize to shine brighter and bolder than ever before.

You have your light within – it might just be covered up or be ready to go bigger. Either way, we will sort out what's really happening so you can Lighten Up in your life so you can have more joy, more happiness and more deep contentment every day. What could be better than that?

To schedule for your Illumination Session now, please go to my website:

<https://lightenupglobal.com/illum>



## About The Author



**Sandy Parker**

### **Lighten Up Facilitator and Muse**

*“You’re an amazing human being! But maybe you forgot that (or lost that). So it’s time to get your groove on - exhale the old and inhale the new... and find your JOY!”*

#### **Here are the things that matter that you need to know about me:**

1. I love to laugh and for this reason watch WAY too many videos on YouTube. (The cute dogs and kids and pranks get me every time!)
2. I bring energy into the scene. That’s a given. I don’t think I can help it even if I wanted to...
3. I have a big heart and an open mind.
4. I would talk more about being a hippee but, at 64, I’d hate to misrepresent our tribe.
5. I’m likely to say the right thing. It’s the dang-dest thing and I honestly do not know how that happens.
6. Underdogs have my instant affection... but not for long if it’s by their choice.
7. I’m overly skilled and it’s quite a burden for me. It does, however, come in handy for those around me.
8. I’m confident – can you tell? I’ve just done many things, accomplished so much, and been blessed to traveled to so many places! I totally dig that!!!
9. I’m a dog lover.

And I like it that my list ends on an odd number. ;+)

## Now here is the official version of my background:

Right out of college as a Spanish major, Sandy Parker did not teach as expected but went to work for a Spanish language trade magazine. Within a month, her territory was expanded and, at 22, she was covering the five southeastern states in a million dollar territory for SOUTHERN ACCENTS upscale home furnishings magazine. Her media career continued with amazing magazines SOUTHERN LIVING, Vogue, Travel and Leisure and other trade journals based out of Highland Park in Dallas. She was also the Magazine Advertising Sales of Texas Association (MAST) in Dallas.

Running parallel to this adventurous and entertaining public life, Sandy was also personally active in her church, Highland Park United Methodist Church, where she was a teacher and group leader, retreat facilitator, music leader, and led a mission team to Russia. Before she could complete the three-year commitment she made to the Russia Initiative, she met and married Rodney, a high school band director at Levelland High School and moved to West Texas twenty miles west of Lubbock.

Suffice it to say, the good life she knew in Dallas would be replaced by a dizzying sense of confusion and a challenge to find a new sense of 'self'. "*Auntie M, Auntie M, I'm not in Dallas anymore!*," she recalls. At 39, she found her sense of humor was immensely valuable as she took on the role of new wife and mother living with Rodney and his two girls, Amanda and Erin, for a year before their daughter Taylor was born. In time, things seemed like Mayberry. Her dreams of having a family were coming true and she was having a ball!

Her business life was flourishing as well. She built and sold two businesses, ran a highly visible media company, was a tourism marketing consultant for the region and created a consumer product that sold in 400 stores within a year.

She founded Empowering Women to give strong women of leadership a monthly meeting for encouragement and "soul food." She helped provide communications to women in crisis and

supported the Family Shelter at the Children's Home. She was a co-host on CHICKTalk, a talk show radio program for women, and enjoyed sharing the microphone on Stars 104.3 morning team with legends Lou Dee and Diana.

In 2010, Rodney became the Fine Arts Coordinator for Elgin ISD and they moved to Austin. Sandy continued to inspire others as a speaker, workshop facilitator, personal motivation expert and author.

Her passion is helping women discover what "lights them up" and then guiding them through practical action steps to live life on their terms. This often takes the form of created and curated experiences for women to reclaim their enthusiasm and vitality so they can live without regrets.

While working with women, she was inspired to write LUMI FINDS HER LIGHT, an inspirational coming-of-light story about LUMI the lightning bug who bumbles her way into her natural brilliance. She learns how and of course you can too! Her philosophy is simple: What lights you up with change the world. Sandy challenges us all to live our lightest brightest life.

Perhaps her most visual (and healthy) accomplishment is losing 150+ pounds to earn a much needed hip replacement. She learned first hand how lightening up has real benefits that are not always directly related to what you eat.

Unfortunately, her dear husband Rodney passed away in February of 2019 with complications of kidney disease. That did not stop Sandy from encouraging others as she spoke to her largest group ever gathered in May of that year.

Sandy is the Chief Encouragement Officer of Lighten UP Global and Founder of the Lighten UP Movement to support others in finding resources for a lighter, brighter life. Based in the Austin, Texas area, she lives with her daughter Taylor, two dogs: Bella and Luna, and two cats: Syrup Jessica Parker and Mr. Pixel. She would love for you to join her and LUMI in the Lighten Up Movement at [LightenUPGlobal.com](http://LightenUPGlobal.com)