



Lead Yourself, Your Career & Truly THRIVE

The 3 R's Self-Assessment: Review, Reframe, Repeat

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The 3 R's Framework

To lead yourself, your career, and truly THRIVE, apply these three simple steps to each area: your MIND, BODY, EMOTIONS, and SOUL.

1

REVIEW *Awareness.*

Notice what's really happening — in your thoughts, your body, your feelings, and your sense of purpose.

2

REFRAME *Address & shift.*

Once you see it clearly, gently question it and choose a new, more supportive way to see or respond to it.

3

REPEAT *The new approach.*

Practise the new approach consistently — this is what turns insight into lasting change.

Observe your MIND, BODY, EMOTIONS, and SOUL for the next week, starting tomorrow — and make notes using the pages that follow.

MIND

Reflect on each question below, and use the lines to make notes throughout the week.

- **What are my thoughts today? What is their quality — positive or negative?**

- **What do I believe to be true about me?**

- **What do I believe to be true about my career, life, and circumstances?**

- **What's recently working for me — and what isn't — at work and in life?**

- **Which relationships impact my mindset, and how I think?**

- **Have I complained or spoken positively about people, events, myself, my work, etc.? Did someone impact my decisions or focus today?**

BODY

Reflect on each question below, and use the lines to make notes throughout the week.

- **How is my physical health recently?**

- **What is my energy level today?**

- **How strong do I feel in my body?**

- **What is my body language — expansive or shrinking?**

- **Do I feel confident in my body, or tired and tight?**

EMOTIONS

Reflect on each question below, and use the lines to make notes throughout the week.

- **What were my feelings today? What did I do with them?**

- **Did I notice anger, fear, resentment, or frustration?**

- **Did I notice excitement, joy, love, or compassion?**

- **What triggered my strongest emotional reaction today?**

- **How did my emotions show up in my body or behaviour today?**

SOUL

Reflect on each question below, and use the lines to make notes throughout the week.

- **What was my impact, and who or what did I impact today? (A project, a person, a team, a family member?)**

- **Who gave me positive feedback — or a challenging one?**

- **Where did I feel passionate, and about what?**

- **Where did I feel drained and less interested?**

- **Which behaviour or decision today was made under someone or something else's influence, rather than truly my own?**

Once You've Reviewed...

After a week of noticing, you'll likely start seeing patterns — in your mind, body, emotions, and soul. That awareness is Step 1, Review, complete.

STEP 2 — REFRAME

Choose one pattern you noticed this week. Gently question it: is this belief, habit, or reaction actually serving me? What's a more supportive way to see or respond to this?

STEP 3 — REPEAT

Practise the new approach consistently. Real change comes not from one insight, but from returning to the new pattern again and again — until it becomes who you are.

If you'd like support putting this into practice and experience real transformation — with guidance and tools along the way — I'd love to help.

BOOK A FREE 30-MIN STRATEGY CONNECT CALL

<https://calendly.com/annwolas/connectcall>

Or email me with any questions:

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