

The Rainbow Life Reflector

Analyse your Rainbow!

Dream Makers

Score 0	You may feel you lack direction in this aspect of your life and you could be missing out on opportunities. Consider whether you are making the right choices? Do you want this Dream Maker to receive as much priority in your life as other areas? It could also mean you have no interest in this aspect of life. Do you want this to change?
Score 1-2	You may have imagined a life you want to have or thought you want things to change in this area, but something may be stopping you. You may not have set any clear goals.
Score 3-4	You may have some clarity on what you want to achieve in this aspect of life and it's likely you have some goals. You are on your way!
Score 5-6	You have clear goals in this area of your life. You should feel motivated, making progress, happy in the direction you are heading, so keep working towards the pot at the end of your rainbow.
Score 7	Woohoo!! ... you are on your way, working towards the pot at the end of your rainbow. You should feel on track and fulfilled in this area of life. But remember, life is constant and full of change, so don't be complacent, keep focused, embrace new opportunities and strive to keep the pot at the end of your rainbow full of; hope, promise and purpose.

Dream Breakers

Score 0	You may feel focused and in control, progressing forward in life towards your goals.
Score 1-2	You recognise this Dream Breaker is present in your life, but it may not be impacting your ability to work towards your goals.
Score 3-4	You may feel like you lack confidence due to the presence of this Dream Breaker. While you may be working towards your goals you may be frustrated at your lack of progress.
Score 5-6	Whether you realise it or not, this Dream Breaker may be impacting you. You may feel like you are going around in circles or not moving forward as quickly as you'd like. It is important to reflect on what this means to you and it may help to talk things through with someone you trust.
Score 7	This Dream Breaker may be having a significant impact on you and your future goals. It is important to reflect and seek help to put things into perspective and get back on track.