



# 7 Personal Development Levels

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## Read from the bottom up

### Legacy Level

- Legacy being created and lived
- Contribution oriented
- Vision and purpose clear

### Fulfilment Level

- Peaceful inside
- Consistently happy
- Effortlessness present

### Tru Values Level

- Career/work healthily integrated into life
- Career/work expresses True Values
- Tru Values known and honoured

### Attraction Level

- Nurturing community
- Strong network is supportive
- Circle of ten friends and family established

### Adult Level

- Internally motivated versus externally prompted
- Money handled and reserve established
- Responsible for self and life

### Personal Foundation Level

- High standards set
- Personal needs met
- Strong boundaries established

### Restoration Level

- Healed from past traumas
- Free of addictions, compulsions or attachments
- Nothing is left unfinished

## Start here and move up