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**5 Steps to Evaluate Your Life (need to also tie-in that Oct. 19 is Evaluate Your Life Day)**

CHICAGO, IL – October 10, 2017 – Chicago entrepreneur and author of her second personal growth book says evaluating your life and setting one to two new goals can reinvigorate your life. Research shows that people with goals are nearly 20 percent more satisfied with their lives. (Krueger 1998)

“Don’t postpone evaluating your life,” advises Webb, author of *Blues to Blessings: Moving from Fearful to Faithful*. “Instead, evaluate and embrace the plans for your life.” “Start listening more to your inner voice even when everything around you tells you to ignore it. This will lead to a life fulfilled by purpose.”

Webb offers the following tips for evaluating your life:

* **Be honest with yourself** – avoid sugarcoating your assessment.
* **Take Inventory** – examine your life both personally and professionally and assess where you are today. Acknowledge yourself for the goals you’ve achieved, and identify 1 to 2 goals that you’d like to set.
* **Get quiet** – Your inner voice is your compass and will give you direction about pursuing your goals, but we have to listen for it. Maybe this is taking a walk or jog without music or something entertaining playing in your ear. Or, maybe it’s choosing to ride in the car without the radio.
* **Set goals** – Set 1 to 2 attainable goals within a specified time period. Research shows that people who write down their goals have a much higher success rate than those who don’t.
* **Take action** – Identify a person who will hold you accountable. Remember, even one small step on your new path is a step forward.

*Blues to Blessings: Moving from Fearful to Faithful* inspires people to leap from their comfort to their miracle. It helps the reader reclaim the person they’ve always desired to be, and to lead a life fulfilled by purpose rather than simply portraying the appearance of success. For more information, visit [www.bluestoblessings.com](http://www.bluestoblessings.com)

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