



*Use the MESS alignment approach to all slices of  
your pizza and enjoy the deliciousness of life.*

# How to Use The Pan of Pizza

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The Pan of Pizza is a simple but powerful tool designed to help you get a graphical representation of the shape of your life. It will help you to identify how you can benefit from making each slice of your life larger and more enjoyable.

The 8 slices in The Pan of Pizza represent the different aspects of your life. Seeing the center of the pan as 1 and the outer edge as 10, shape the crust of your slice of pizza based on your level of satisfaction with each of those aspects of your life.

For example, if in answering the questions in health, you're at a 6, 4 and 1, those are the points that'll create the crust of your slice which would be a uneven crust and subsequent small slice.

You can use the 8 categories in this sample or determine the 6-12 most important categories in your life and create your own pan of pizza.

Use the following questions to help you determine how you would rate each life area on a scale of 1 to 10.

# Answer Questions

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## Family & Friends

- Do I have/want a close circle of friends?
- Do I spend enough time with family and friends?
- Do I value the relationships we have with each other?

## Significant Other/Romance

- Do I have/want a soul mate?
- Do we share values and intimacy?
- Am I nurturing the relationship we have with each other?

## Fun & Recreation

- Do I have fun often?
- Do I know how to relax?
- Do I enjoy sports or have hobbies?

## Health

- Am I generally fit and well?
- Do I eat healthy foods?
- Do I exercise regularly?

## Physical Environment

- Do I like the area in which I live?
- Is my home comfortable, tidy and warm?
- Do I keep my appearance smart?
- Is my car serviced and reliable?

## Personal Growth

- Am I continually learning new things?
- Do I enjoy new opportunities for growth?
- Are the things I do growing me as a person?

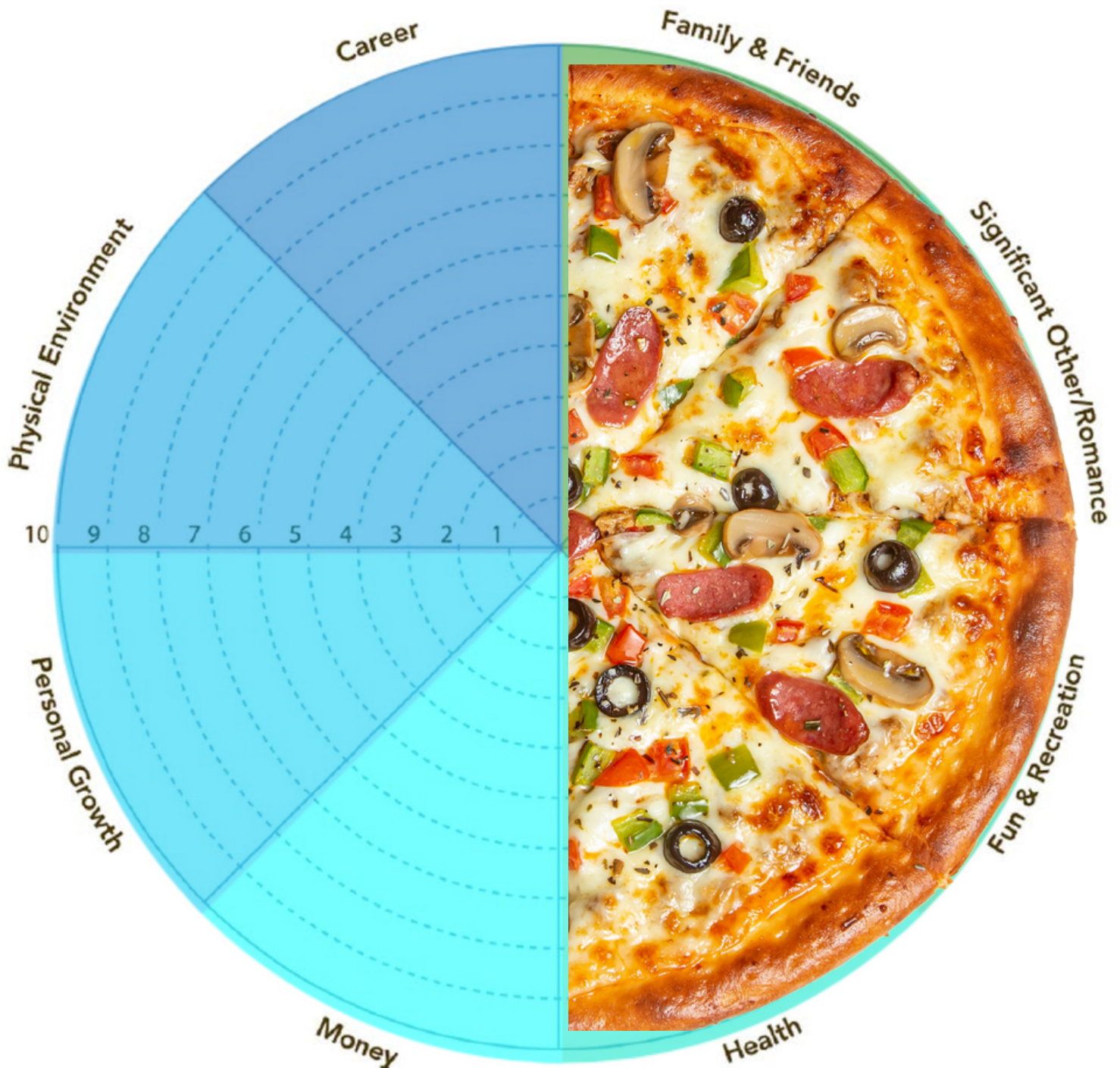
## Money

- Do I earn enough and live within my means?
- Do I save enough?
- Am I planning for financial freedom?

## Career

- Is my job rewarding?
- Does it reflect my values?
- Do I have opportunity for advancement?

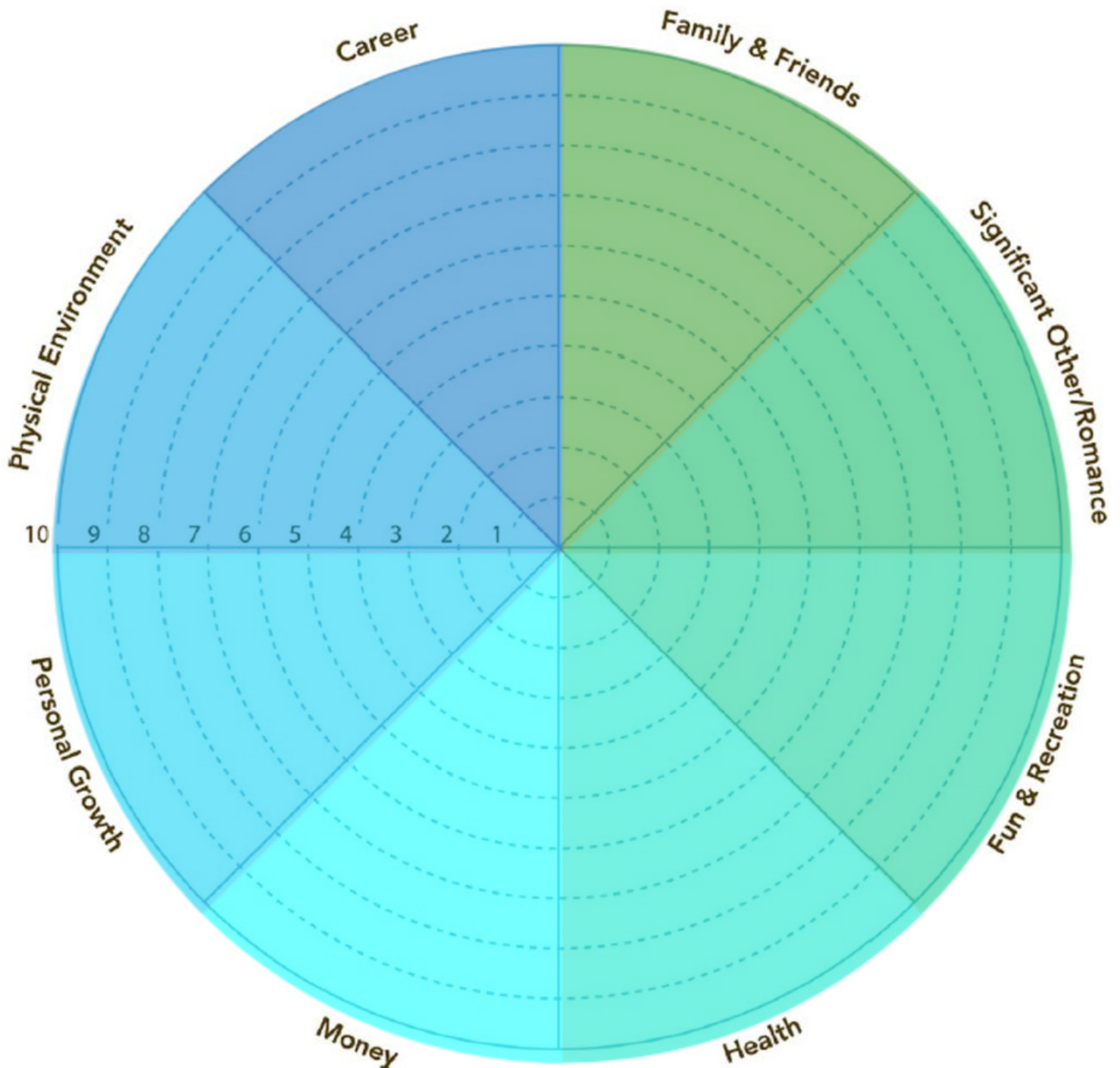
# Shape Your Pizza



For Graphical Representation

# Shape Your Pizza

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For Your Creation

# Digest Your Slices

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Look at the overall shape of your pizza. If this was a real pizza, how enjoyable would each slice be?

What you are aiming for with your pan of pizza is to have all slices/segments scored:

- Evenly (or close)
- Above 7 and
- As near to 10 as possible

If you have any particularly low scores, you want to make those areas of your life a priority. However, it is also necessary to investigate how they may interact with each other in order to identify the area to address first.

For example, a low Fun & Recreation score could be tied to a low score regarding Money. Not having sufficient money could mean that a person may be unable to go out or engage in recreation that has an appreciable cost associated with it, which can lead to a low level of morale and lack of desire to have fun. When evaluating a low score for Money, is it tied to a low score for Career, poor financial management, or other factors?

The purpose here is to determine what factors may contribute to a low score in one slice of your life.. Improvement in one slice will have a temporary or long term impact on other slices, as well.

For example, a career change may help in the career, money and fun slices.. Yet, it could decrease time for fun, family or your significant other.

# Set Goals

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As you become more aware of the slices of your life that can be improved, it is time to dig deeper and uncover your desired outcomes. These are also excellent topics to discuss with a coach who can give you a new perspective and plan, to having a more fulfilling pan of pizza.

**Consider the following questions as you consider your goals and desired outcomes for your pan of pizza. What can you do to move closer to those goals and improve the deliciousness of your life?**

- Have you ever been higher than the number you recorded?
- What was actually happening when you were higher up the scale?
- Have you ever been lower than the number you have recorded?
- What did you do to move up the scale?
- What have you learnt from previously being lower on the scale?
- What number on the scale do you want to be? What does that look like to you?
- What actions can you take to start moving up the scale?
- What will you be like when you have achieved this?
- What will be the impact of achieving this on other areas of your life?
- How will achieving this affect others close to you?
- How will achieving this bring you what you want?
- How will achieving this bring you what you don't want?
- What skills do you already have that will assist you in achieving this?
- What skills do you want to gain that will assist you in achieving this?
- Where can you learn these skills?
- What would need to happen for you to move up one point on the scale by this time next week?

**Use the answers to these questions to develop your plan and action steps.**

# Your Pizza & Your MESS

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Life's a cute MESS.

Living in full enjoyment is a cute mindset, energy, strategy and soulful outcome- especially as money overflows.

Answer the following questions honestly to become aware of your current MESS in all slices of your life.

MESS in this guide means, mindset, energy, strategy and soulful outcomes.

Mindset means all that you think and believe. Energy focuses on what you feel. Strategy considers what you're doing and soulful outcomes deal with the results you're getting from what you're thinking, feeling and doing.

Take your time and take care of yourself in answering these questions.

Remember, you are not judging or criticising yourself as you go through this process.

You are simply becoming aware of how fulfilling your life is so that you can decide how you'll move forward.

For additional support, reach out to Kamladevi Sharma at [info@revive.coach](mailto:info@revive.coach).

# MESS

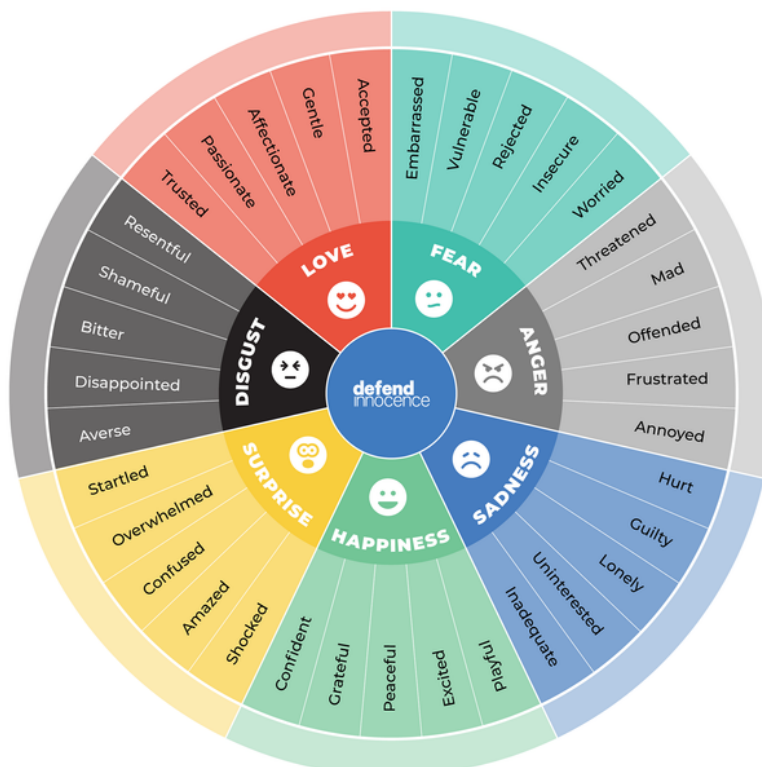
For every slice of your life that you desire to improve, consider your MESS (mindset, energy, strategy and soulful outcomes).

## M INDSET

- What do you believe about this slice of your life?
- What do you think and say about it often?
- What do you think about persons who have achieved what you desire in this slice of your life?
- What do you think your journey would be like if you achieved what you desire in this slice of your life?

## E NERGY

- What does it feel like if you achieved what you desire in this slice of your life?
- What do you currently feel when you think about this slice of your life?
- What do you feel about persons who have achieved what you desire in this slice of your life?
- What do you feel regularly on a daily basis considering all slices of your life?



Source: Defend Innocence

# MESS

## S STRATEGY

- What do you do when you think and feel what you do about this slice of your life?
- What do you do when you think and feel what you do about other's success in this slice of your life?
- What are you willing to do to shift the negative thoughts and feelings about this slice of your life?
- What are you willing to do to shift your negative thoughts and feelings about other's success in this slice of your life?

## S SOULFUL OUTCOMES

- Why do you desire what you do in relation to this slice of your life?
- How does it benefit you?
- How does it limit you?
- If this slice of your life was large and fulfilling, what would living your best life be like?

Feel into the energy of the vision of each slice of your life, conduct a MESS analysis on any limiting thoughts or feelings that show up, and proactively CHOOSE to start your day with the most predominant feeling of your soulful outcomes.

From this inner dive, you may notice that the mind moves back and forth into reality, wishful thinking and your worthiness of what you desire.

Money may become a concern... leading to the feeling that your career cannot afford you the life you desire to live, or it may not show up in time to pay your bills.

At this juncture, take a dive to revive your MESS by immersing yourself into its influences or work on your momentum for long-lasting soulful outcomes.

So...

- You're the kind of person who wants more and better from your work-life, right?
- The kind who's committed to improvement and ready to level the ME up? ME as in your mindset and energy?
- You're the kind who wants to re-create a fresh pan of pizza with all the toppings you desire, for a more fulfilling and delicious experience, right?
- The kind who desires time and financial freedom so that life feels lighter and easier every day, right?

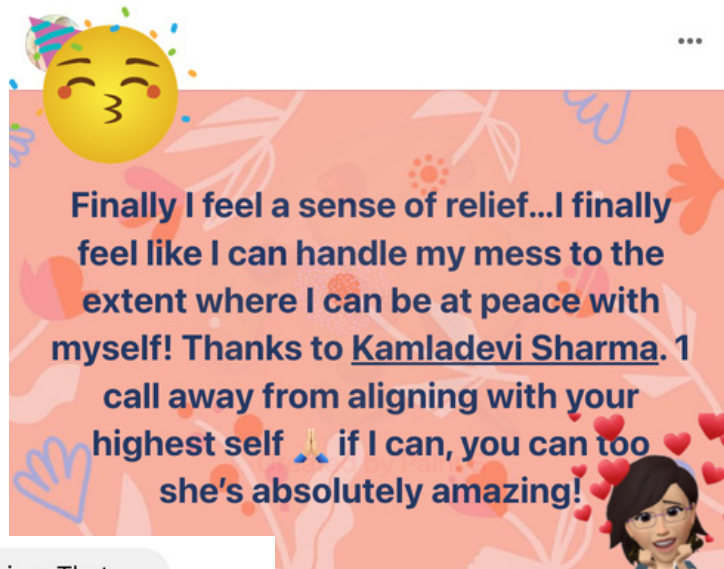
Imagine...

Having the career of your dreams, optimal health, your dream home, harmonious relationships with family and friends, a loving orgasmic relationship with your partner, people in your circle, including your kids, who are eager to listen to what you have to say and willing to take responsibility without you even asking twice!

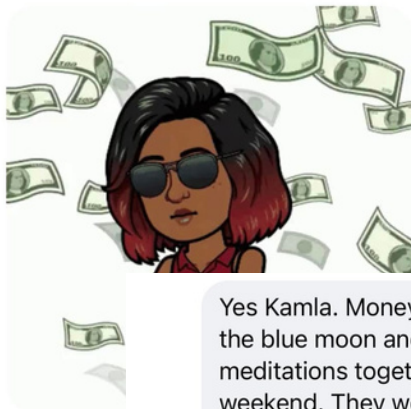
Imagine...

*What a life like that would be like if you had more fulfillment, money overflowed & there was enough safety daily for a continuous flow of happiness & prosperity?*

# Money Overflows



You are honestly amazing. That \$297 I invested turned around to \$30,000 this morning. A client just signed up for my 1:1 immersive.



I'm so busy that I forget to message you . Im working now . I'm so grateful for this opportunity too . Things are shaping up for me and hubby. It's surely working . 💕💕



Wow. I'm amazed at the shift! It was so fast. No wonder you forgot. Keep it up hun. It will get a lot better 💕💕

Yes Kamla. Money overflows. I did the blue moon and the new moon meditations together this weekend. They were a really powerful combo. Sat in the energy as much as possible. Received a check in the mail for 250k this morning. A settlement claim for work done sometime ago and the company went bankrupt. I'm still dumbfounded but so thankful for you and this program. You are a Goddess 🙏💕🙏



Ready to multiply your income with ease & secure your financial future?

# Join Kamla In Money Overflows

**Yes! I'm ready for this!**

In money overflows, we're getting rid of backlogged rental payments and buying our own home. Landing clients and getting surprise money!

It gets to be easy.

It gets to be fun.

It gets to be an overflow. Make a wiser investment in yourself today and get your money MESS sorted for the rest of your life.

If you think it's not for you after purchase, you'll get your money back within 14 days (conditions apply). Money overflows and you're worthy of your personal overflow.

**Sign Me Up Now!**



*Revive. Coach*

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Clarity. Alignment. Fulfillment



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*Kamladevi Sharma*

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Kamladevi Sharma is an award-winning Coach & Corporate Trainer.

She empowers high-impact value-driven leaders and entrepreneurs to live a life of fun vacation even if they are in a fast-paced and high-pressured environment, without burnout and stress, using energetically aligned mindset strategies.

Her expertise in mindset and personal development strategies has benefitted thousands of youths, leaders and entrepreneurs in personal growth locally and globally. Recently, Forbes featured, she has been awarded for her outstanding work in career & leadership coaching by the Brainz Magazine, resulting in a front-cover feature by the magazine, and she has presented at Human Resources platforms locally and internationally. Her wisdom has been featured on podcasts platforms like Apple, Spotify and Google, and in magazines and newspapers locally and internationally.

Kamladevi is a Master of Business Administration General with first degrees in Business, Social Psychology and Social Research, and she has extensive experience in Career Mentoring, Personal and Professional Development, Education, and Business Management.

- Learn more about Kamladevi's work at <https://revive.coach/features>
- Check out her Forbes New York feature at <https://forbesnewyork.com>
- See her Brainz magazine feature at <https://www.brainzmagazine.com>

