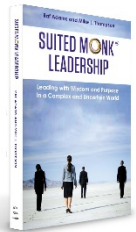
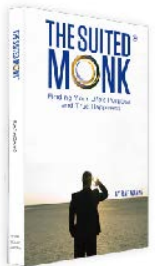


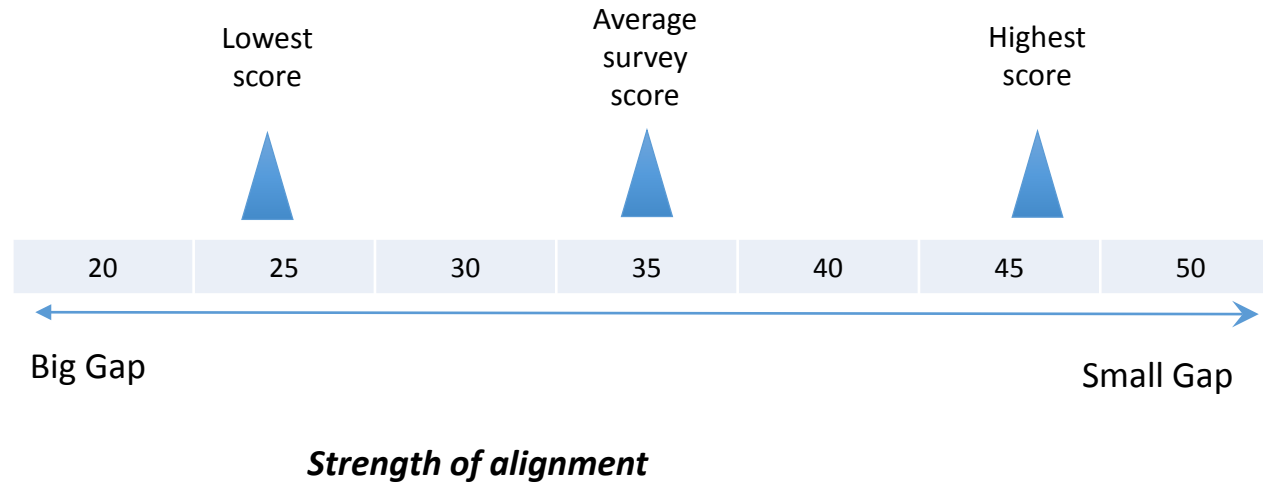
Your Suited Monk:

GAP CHECK-UP RESULTS



SUIT & MONK GAP SCALE

Check where are you on the scale



Score	Description
40+	Authentic
30-40	Average Gap
Below 30	Gap Challenge

SCORE UNDER 30

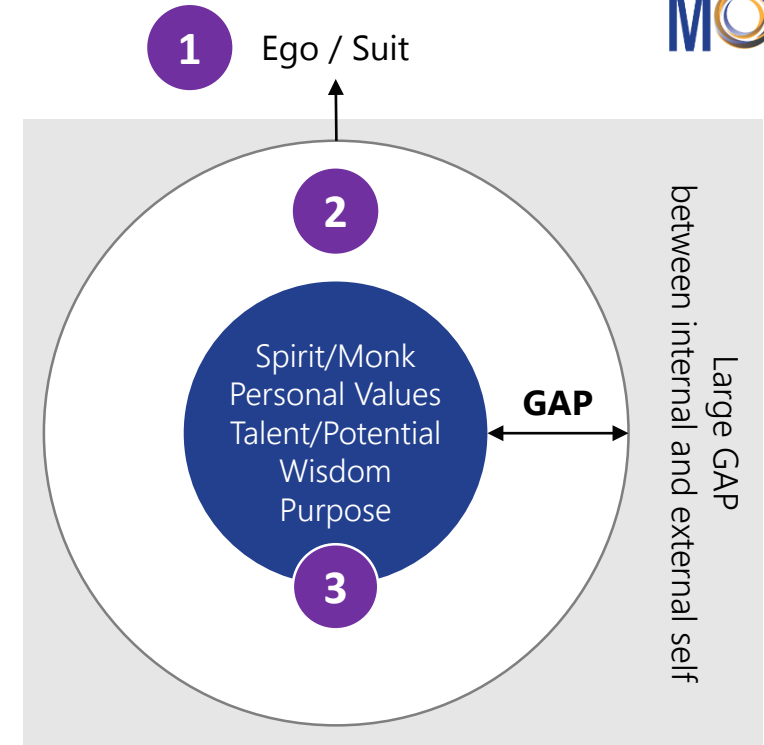
OVERVIEW:

You are yet to become fully aware of your Monk and perhaps your life environment and the job context has not given you the chance to benefit from truly listening to your inner passions and sense where your gifts and talents could take you in life.

You are likely to be concerned with the risks of life and want to play safe by performing in the external world in the way you think will bring you rational success and happiness. You need to increase your awareness that you have both an external and internal self.

You may feel that your life direction is beyond your control. Without awareness in the moment of your emotions, thoughts, behaviors, and words, you may have trouble making life changes or decisions. You may feel the external environment is driving you, instead of you driving your journey.

In your personal relationships, you may feel frustrated that even if you feel you are expressing yourself clearly, people don't understand you or pay full attention. By changing yourself, you can become more of who you want to be.



SCORE UNDER 30 cont.

CAREER PROFILE:

If your score is less than 30, you are more likely not to be in a career that aligns with your talent and hopes. You are likely to be primarily motivated by external gain--either money, career development, or rewards. You deserve a career in an area that stimulates both your mind and spirit. Such a career would enable you to both maximize your potential internally and gain success externally.

PLANNING AHEAD :

Use this assessment to gain insight into yourself. Take the opportunity to develop your Monk and become more aware of your Suit. This will help you be true to yourself. The key moving forward is to take ownership of yourself by understanding your mind, listening to your emotions, and developing awareness. As you do this, your passion and your Monk will grow within you. After you find your passion, finding a career that connects to your passion will follow. Then you can enjoy self-fulfillment and success on your life journey.

Top 3 things to close the GAP:

1. Self-reflect on "What gives meaning to my life?" "What is/are my talents?" "What am I really passionate about?" "What is my dream in life?"
2. Reflect further on "What big areas in my life might I need to change to live a life true to myself? Career? Relationship? Friends? House? In which area(s) am I not true to myself?"
3. Read *The Suited Monk: Finding Your Life's Purpose and True Happiness*, available on Amazon.com



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SCORE 31 TO 35

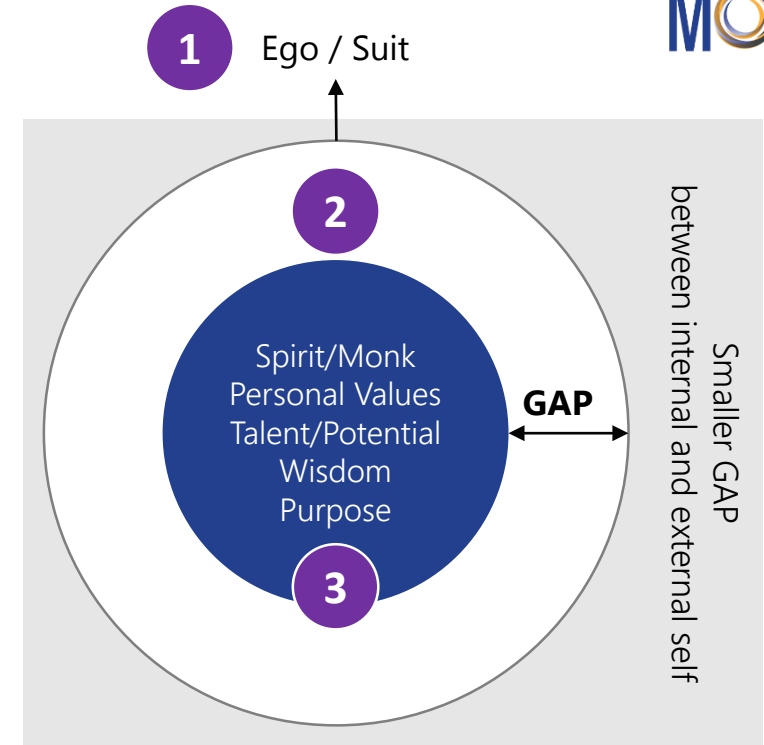
OVERVIEW:

A score of 31 to 35 indicates you are starting to be aware that you have two forms of self: external and internal. But this understanding is not yet clear enough for you to navigate a happy path on your Life Journey.

You are likely to be unsure about the direction for your life. Fear still keeps you from taking steps toward truly identifying your unique and intuitive Monk.

Even when you feel euphoric about something you've done, you may seek extra assurance from family and friends. You need them to confirm you made the right decision.

You don't yet fully trust your intuition. As you begin to understand yourself better, however, you will find your ability to manage your emotions, thoughts, and actions has improved.



SCORE 31 TO 35 cont.

CAREER PROFILE:

Your aim to be more focused on earning money in your job rather than enjoying the purpose of your Monk – the real you. You may tell yourself this is what everyone else is doing, you are bothered by the lack of a deep connection between your career and sense of self. You often feel empty at the end of the workday because of this disconnect.

PLANNING AHEAD:

Sometimes the thought of pursuing a different career flashes across your mind. But you dismiss it due to external factors, such as earning less or having to start over at the bottom of the corporate ladder. You can begin to remedy this by looking within but without judgment. Develop the ability to tune in to your Monk and identify your true interests and likes.

Top 3 things to close the GAP:

1. Keep a journal or simply write down your feelings, thoughts, and emotions.
2. Practice 10-15 minutes of a meditation or mindfulness exercise every day.
3. Read *The Suited Monk: Finding Your Life's Purpose and True Happiness* and *Suited Monk Leadership*, both available on Amazon.com



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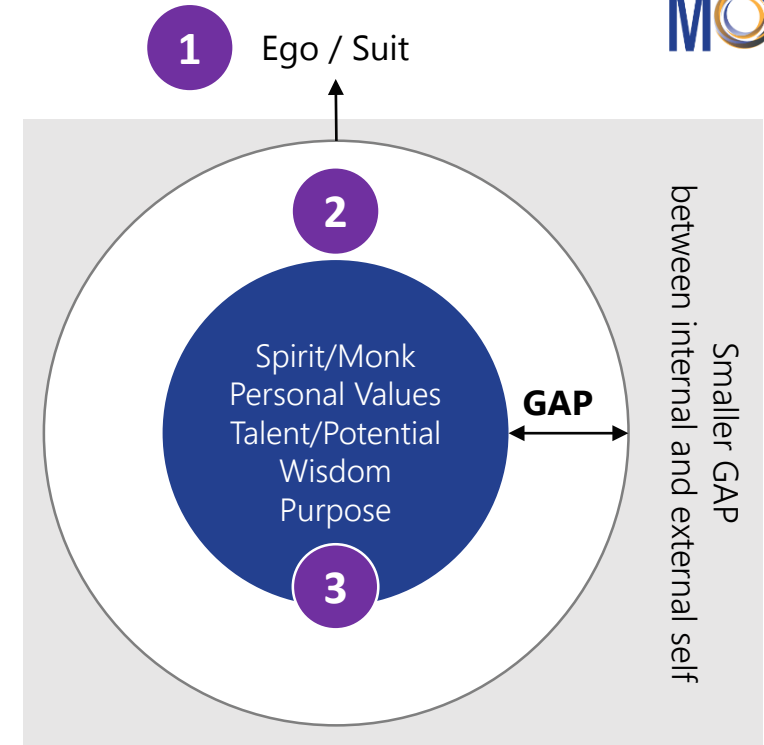
SCORE 35 TO 36

OVERVIEW:

You have scored well in the GAP Assessment which indicates that you have developed a sense of awareness about living out your heart's dream. You share this position with many people who take this assessment. You are on your way towards a happy path on your Life Journey.

But... You are not sure how to develop yourself and your talents further for the opportunities that Life will bring to you. Fear still keeps you from taking steps toward truly identifying your unique and intuitive Monk.

Your Monk is getting messages to you about choices and decisions to make but too often you dismiss the voice of your Monk because your Suit tells you its too risky and anyway you should be happy where you are in life.



SCORE 35 TO 36 cont.

CAREER PROFILE:

You are beginning to sense the purpose of your Monk but you are still concerned a lot about money and status as the most important things in life. Your Monk is more interested in seeing you fulfil your talents and purpose and developing your career. To truly achieve your potential you'll need to take some risks – maybe even to change career!

PLANNING AHEAD:

You are ready to for serious career planning and a career opportunity audit but this process must accompany a greater sensitivity to the voice of your Monk

Top 3 things to close the GAP:

1. Keep a journal or simply write down your feelings, thoughts, and emotions.
2. Practice 10-15 minutes of a meditation or mindfulness exercise every day.
3. Read *The Suited Monk: Finding Your Life's Purpose and True Happiness* and *Suited Monk Leadership*, both available on Amazon.com



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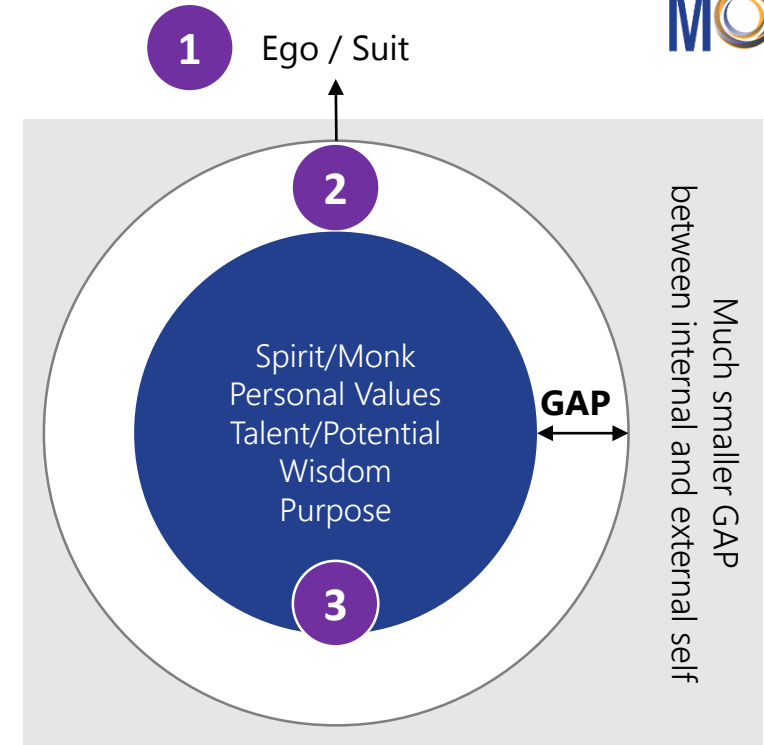
SCORE 37 TO 44

OVERVIEW:

You are on the journey of change -- congratulations! You are likely actively taking steps toward changing your reality by altering yourself, from the inside out. You may have been on this journey for a few years, with a growing interest in personal development and personal growth.

By now, you're beginning to see that the world was not being unfair to you, but that you must look within yourself and make the necessary changes so you can have a noteworthy effect on your life and relationships. By better grasping your true identity, you can start to view the world around you differently and more deeply than before.

The key is to keep enhancing your self-awareness. Identify any areas in which you need more growth by examining how you manage your Suit, how you manage your emotions, and how much you nurture your Monk.



SCORE 37 TO 44 cont.

CAREER PROFILE:

With this score, your career typically is partially helping you realize your potential or purpose. Although you are actively seeking your true self, you haven't quite reached the point where your internal and external selves are fully aligned. Many people at this stage hold a mid-level to senior management position in an organization.

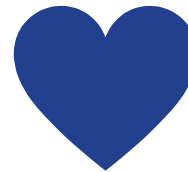
PLANNING AHEAD:

Only after you change yourself can you change the outer world in positive ways. The inner self must adjust first. Then you can align your interior and exterior worlds, creating harmony and a higher form of strength. As you embrace your inner Monk, you will feel greater freedom and enjoy overcoming fear and limiting beliefs.

Although job change is stressful, take comfort in knowing you are pursuing a path toward inner contentment and that you will soon be able to begin making significant changes in the world. Helping others by expressing your true purpose is what lies ahead, and that is a good reason to feel excitement from head to toe. Take the initiative and be courageous to make decisions based on your internal self.

Top 3 things to close the GAP:

1. Do journaling and meditation/mindfulness exercises
2. Use your intuitive power in decision making
3. Read *The Suited Monk: Finding Your Life's Purpose and True Happiness*, both available at Amazon.com



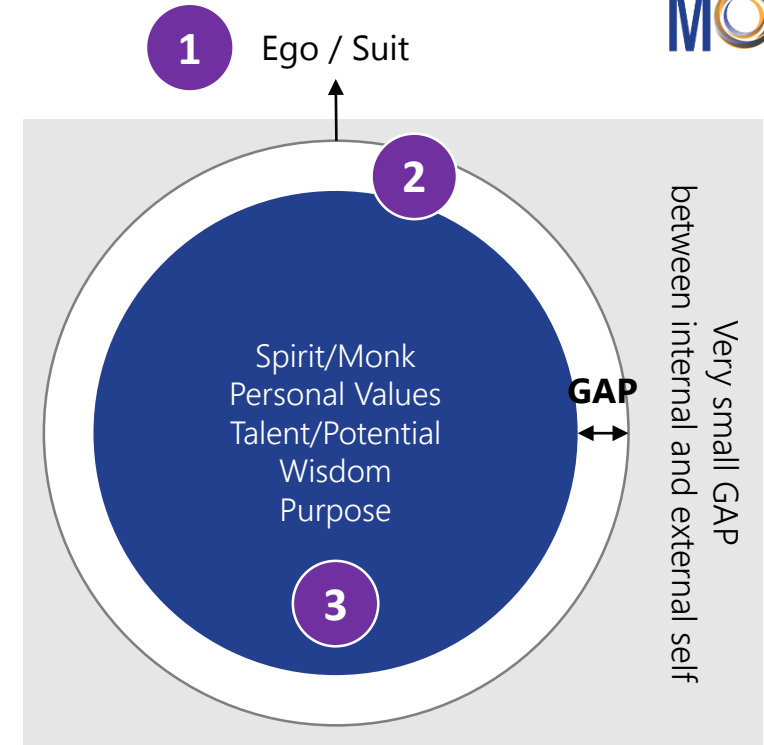
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SCORE 45 +

OVERVIEW:

Your high score indicates you have likely found your passion and are living a life based on purpose. You are likely committed to continuously working on yourself and aligning your internal self with the external environment. This alignment could have arisen from the work you did on yourself or through challenges you faced and overcame. Because of their internal healing and self-awareness, people who suffer but work through their challenges tend to have smaller GAPS than those with easier lives.

Your desire is to experience and express the highest virtues, including your true self, unity, and goodness. You aim to live according to your values. A sense of contentment fills you from within. And a sense of intuitiveness guides your relationships and the decisions you make personally and professionally. Not only do you understand the riches of life, but you choose to spread the wisdom with others who aren't yet at this higher level of self-awareness.



Score 45+ cont.

CAREER PROFILE:

Your high score indicates you have a strong self-understanding, and thus have a career that fits or is close to your recognized purpose. You are guided by a life plan based on balance, right action, and order. Your career helps others and has a focus on problem solving. Your intention is to do what you feel you are meant to achieve in life, and to provide value and meaning to others through your purpose. Being very aware of yourself means you stay on track with pursuing your calling, and focus on what you genuinely enjoy doing. However, this may be a lonely journey because others don't always understand someone who has aligned his/her internal and external selves.

PLANNING AHEAD:

Fulfilling your higher purpose is the marker of career success, rather than a dollar figure. If you consider making a career change at this stage, allow your inner Monk to lead you to a place that fulfills you and gives your life the deepest meaning in an authentic way. Consider how the reality of living in an authentic way can be used to help others and to make a positive contribution to your community, your society and to the world!

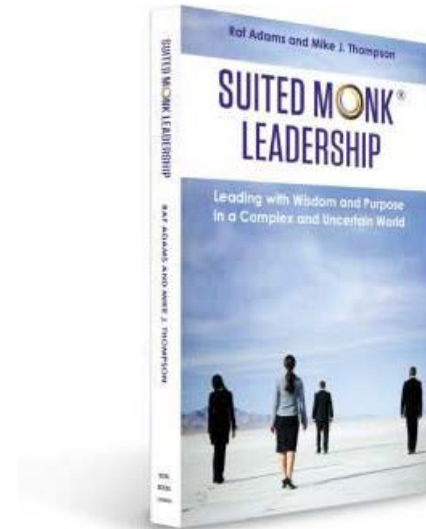
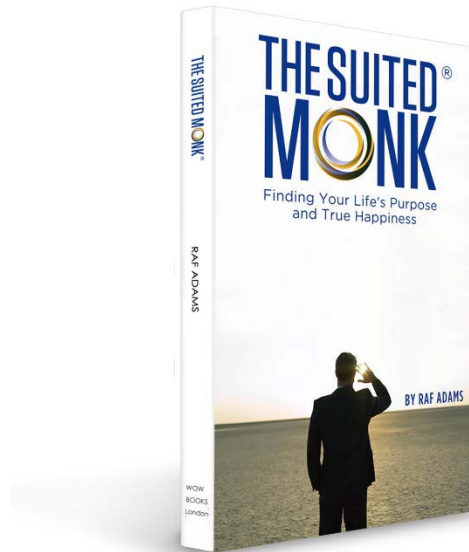
Top 3 things to close the GAP:

1. Keep trusting your intuition and being true to yourself.
2. Read *The Suited Monk: Finding Your Life's Purpose and Suited Monk Leadership*
3. Use Suited Monk Coaching sessions to support you through this transformation period (see the special package on p.20).

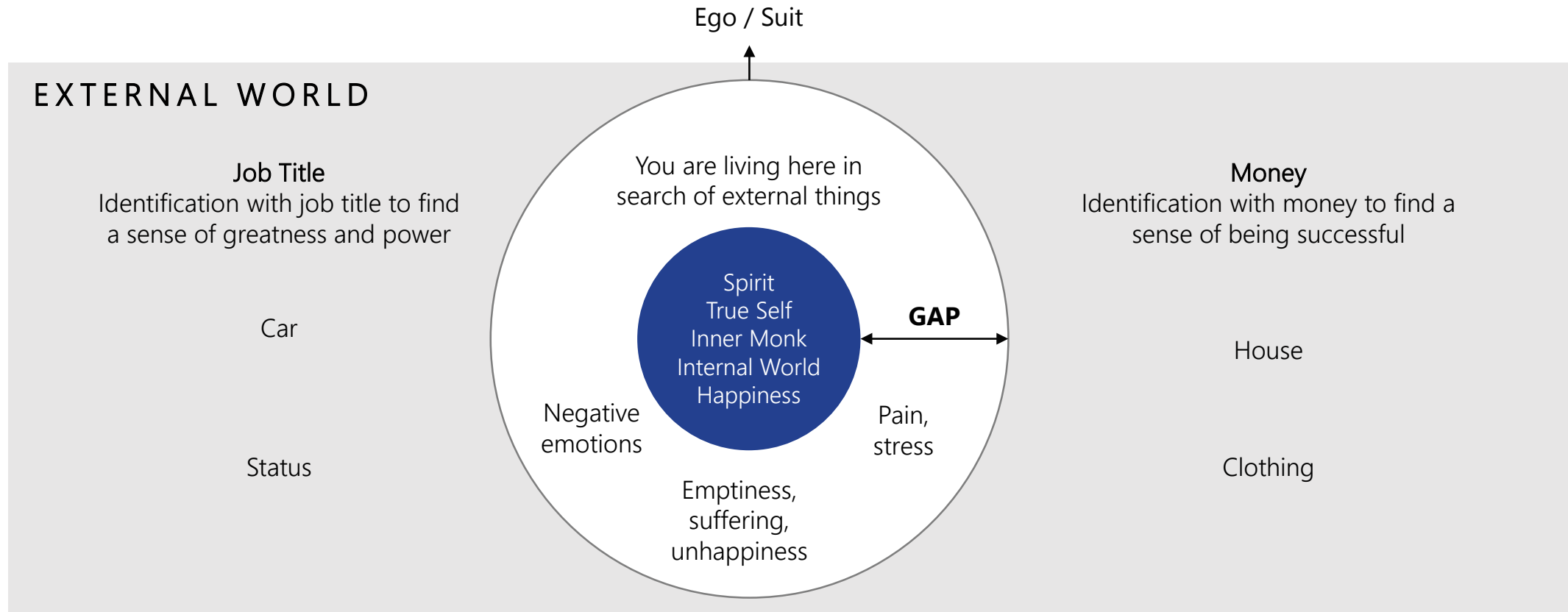


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HAVE YOU READ THE SUITED MONK AND SUITED MONK LEADERSHIP TO CLOSE YOUR GAP?



WHY IS IT IMPORTANT TO CLOSE THE GAP?



Nothing is more important than your happiness. Yet very few methods teach you how to align your internal and external selves. Instead, self-help books and the personal development industry offer quick-fix solutions to finding happiness. The result? Many people are still lost and frustrated. They struggle to be happy and live a life of purpose. The hidden key to closing the GAP is to stop focusing on your external self and learn instead to align your internal and external selves.

Suited Monk Master: Closing the GAP is the Ultimate Goal for Happiness and Internal/External Alignment

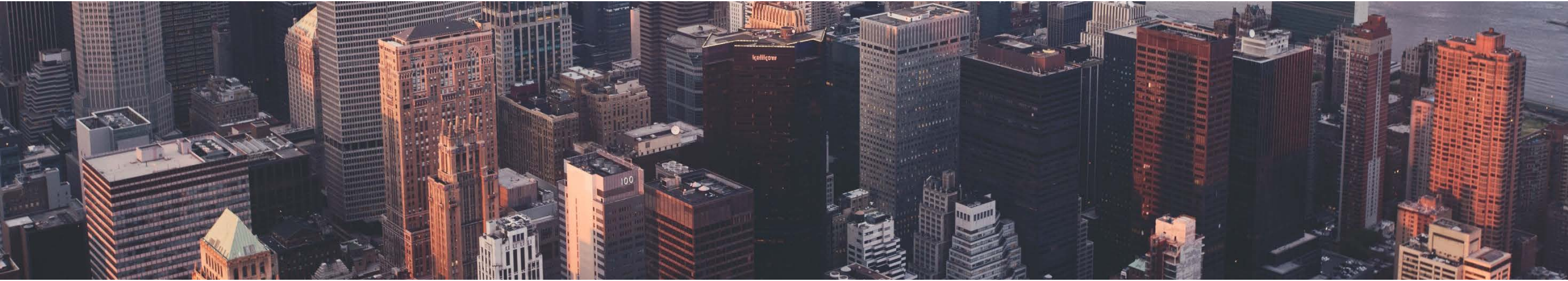


1. Suit enlightenment

2. Emotional internal mastery

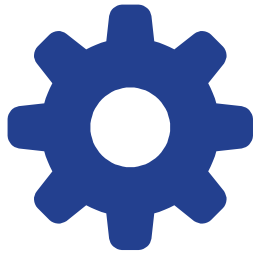
3. Monk: Living a life on purpose, happy internally and making a living out of it externally

UNTIL YOU HAVE ALIGNED YOUR INTERNAL AND EXTERNAL SELF YOUR LIFE'S WORK IS TO LEARN THE ART OF CULTIVATING YOUR INTERNAL SELF



- People think it takes too many years to become a Master. They want a quick fix to happiness. They think if they become externally successful, everything will be fine. Nothing could be further from the truth.
- You'll learn Suited Monk strategies and skills in three core areas: managing your Suit, managing your Emotions, and managing your Monk. This is all you need to find happiness, love, peace, and joy.
- These skills can be learned and developed, just as any other set of skills.
- With focus and dedication, you can become a Suited Monk Master much faster than you might think. I know this because since 2010, I've worked with entrepreneurs, individuals, and business leaders from a variety of backgrounds and cultures, including the US, Europe, and Asia to accelerate their life journey.

THREE CORE AREAS FOR IMPROVING YOUR GAP SCORE AND BECOMING A SUITED MONK MASTER



MANAGE YOUR SUIT

Apply mindfulness to become an observer of yourself on a daily basis



LISTEN TO YOUR EMOTIONS

Learn to listen to your emotions, both positive and negative. Allow the emotion to emerge. Emotions are healing signals for closing the GAP.



DEVELOP YOUR MONK

Learn to act on your intuitive insight and feelings. Finally, develop personal purpose at work for sustainable happiness.

IN EACH SUCCESS STORY, I DID NOTHING OTHER THAN FOCUS THE CLIENT ON THE 3 CORE STRENGTHS OF A SUITED MONK MASTER

These clients reported back to me:

- Increases in sustainable happiness
- Ability to overcoming limiting beliefs and fears and find greater clarity
- Ability to make the right decisions by their Monk in work and life
- Ability to find more meaning and purpose in their work
- Ability to transform themselves and then their relationships
- Ability to manage their emotions better, resulting in sustainable happiness
- Ability to open themselves to other people and connect with greater empathy and compassion



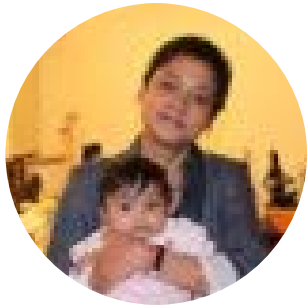
[READ 40+ TESTIMONIALS AND RECOMMENDATIONS ON MY LINKEDIN PROFILE](#)

CLIENT TESTIMONIALS



Original and in honest, this book captures the Life Journey workshop perfectly and is highly recommended as separate reading or as complimentary follow up to one of Raf's workshops. I found this book so helpful (Simple language and model, to a complex topic, easy to read, truly a knowledgeable book) that I have already recommended numerous to both read the book and participate the workshop.

HENRIK LARSEN *Chairman of the Danish Chamber of Commerce South China*



The suited monk "speaks" to you. Written in an engaging, conversational style, the weighty matter of finding your life's purpose has been decoded and broken down into some simple, easy to practice steps. Raf's life journey model has been drawn from his and his workshop participants' rich (and real) experiences and this is what makes it powerful and convincing.

RIKTA PRASAD *HR Director, R&D, Greater China at Unilever*



We live in times of great uncertainty but Raf provides us with great possibilities through his Life Journey Model. This model helps you to see where you are in your life and what is the best journey for you to take. Raf's model will challenge you and take you to a new place of self awakening. Raf's ability to tell his story and to then use the model to build a greater life for himself is truly inspirational and will motivate readers to do the same. A great read.

BRONWYN BOWERLY-IRELAND *Former CEO, International Coach Academy*

WHAT'S NEXT?



My goal is to inspire and help individuals on their life journey to live a life true to themselves.

There is a need right now to help people find their internal self in all walks of life, and you can be part of this new movement.



I believe you have a big mission, and you have value that you want to offer to more people. If you completed this test, clearly you are open to finding ways to align your internal and external selves.



Each year, I run a series of workshops to help people align their internal and external selves. The next step is to register for one of our events that I run by emailing suzywang@glo-china.com

THREE STEPS TO CLOSE THE GAP

STEP 1: Take the Suited Monk GAP Assessment

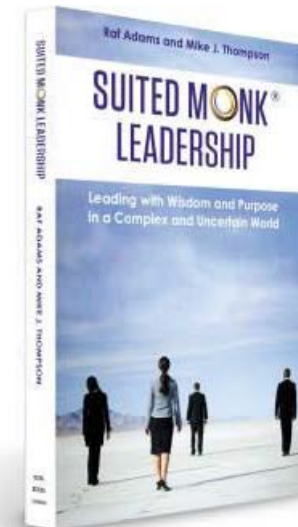
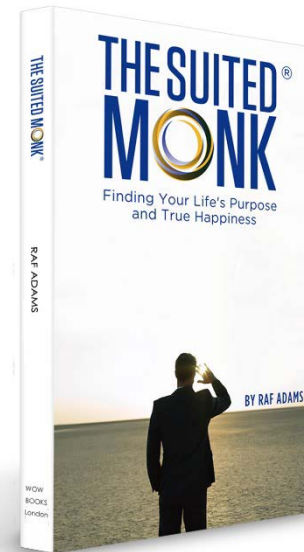
You have just done it. Congratulations!

STEP 2: Read The Suited Monk and Suited Monk Leadership

Available on Amazon.com.



GET THE BOOKS



Step 3: Start Suited Monk Coaching with Raf Adams

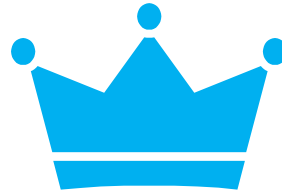
Raf works with people who are already successful but want more fulfilment in work and life. Raf's expertise is to help people close the GAP in life and leadership between their external and internal selves. Raf's coaching approach is tailor-made and individualized.



Basic Package

- You're just starting out and would like to change one particular area in your life in 30 days
- Includes FREE GAP assessment report interpretation

Fully booked



Ultimate Life Mastery Transformation Package (most popular):

- You're already on the road of personal development, have invested in seminars but still feel you're not mastering your life
- Take a step back from your work and life to re-evaluate your life and career
- Through self-awareness create clarity on the next step in your life
- Remove blockages and limiting beliefs
- Reduce suffering and emptiness and tap into happiness and fulfilment
- Complete Life Transformation
- Includes FREE GAP assessment report

Only 2 spots left!



Suited Monk Advanced Package:

- Change one or two areas of your life to close the GAP between your internal and external self
- Includes FREE GAP assessment report interpretation

Click [here](#)

Raf also works with corporate clients for coaching, workshops, and speaking. Inquire at suzywang@glo-china.com

Raf Adams – Practical Philosopher, Author



Raf was born in Belgium and has been living in Asia for the past ten years. After pursuing a successful career in Shipping & Logistics he realised only success is not bringing fulfilment. He decided to change his life and pursued his dream in 2008 to help leaders discover their inner self and lead with greater purpose and wisdom. He changed careers in the financial downturn, relocated to another city, build a new network and build a business out of his passion, helping leaders align their internal and external self so they can find their path, be happy and live the life they are supposed to live.

He now spends most of his time speaking and teaching on the subject of authenticity in life and business at organizations such as CEIBS and TEDx and Fortune 500 companies.

His Suited Monk concept is based on the next generation of leadership development which is focused on greater self-knowledge and personal purpose in work and life. His articles have been published in Forbes India, The Economist Intelligence Unit and Korea Times.

- Co-founder of GLO (Good Leaders Online) www.glo-china.com
- Author of The Suited Monk and Suited Monk Leadership
- Qi Gong Certification (Shanghai QiGong Institute) (2016)
- Certified Coach ICA (2009)
- Advanced Coach Training (2010)

His clients include: BASF, Mead Johnson, Disney, Philips, Alcatel-Lucent, British Chamber of Commerce, SKF, Barco, GAP, Carrefour, BP.

*Email: rafadams@glo-china.com
www.suitedmonk.com*

THANK YOU FOR USING THE SUITED MONK MASTER GAP ASSESSMENT AND TAKING A VALUABLE STEP TOWARD BEING **A SUITED MONK.**



@sitedmonk1



Raf Adams



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Wechat QR code



PLEASE JOIN THE SUITED MONK COMMUNITY VIA ANY OF THE ABOVE SOCIAL MEDIA. YOU CAN SEND RAF A PRIVATE MESSAGE, LEAVE A COMMENT, AND FIND LIKE-MINDED PEOPLE. LET'S CONNECT!