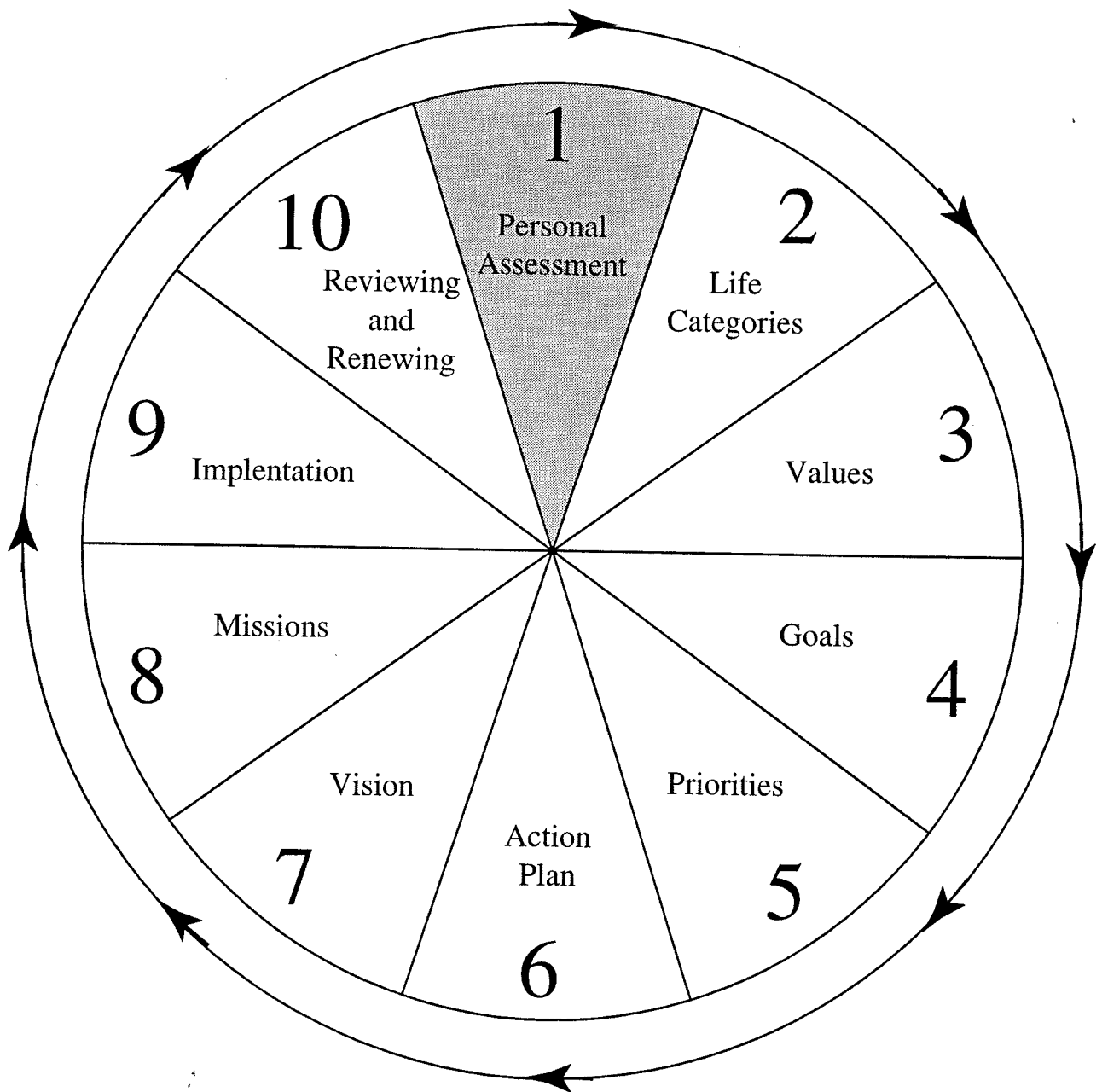


PERSONAL ASSESSMENT

PERSONAL ASSESSMENT



PERSONAL ASSESSMENT

1. PERSONAL ASSESSMENT

Overview

This is the first step in preparing the plan for your life. It is necessary because you first need to know where you are, or how you feel you are doing, in each category of your life before you can set your course for the future.

You may find that certain parts of your life are stronger or weaker than others. Since your overall objective is to achieve overall life balance, synergy, and progress in all parts of your life, knowing where you are stronger or weaker helps, so that you can set goals later on that help you improve your weaker areas and build on your strengths to develop a complete life plan.

The following exercise is intended to provide you with a clear personal understanding of how you are doing in each of the ten sectors, or life categories.

PERSONAL ASSESSMENT

Self-Assessment Directions

Read the statement for each category and, using your best judgment, circle the number which indicates where you feel you stand in the following areas.

PERSONAL ASSESSMENT

5. FRIENDS

	<u>Strongly Disagree</u>	<u>Disagree</u>	<u>Neutral</u>	<u>Agree</u>	<u>Strongly Agree</u>
1. My reference group of friends is positive, goal-oriented, and has high integrity and character.	1	2	3	4	5
2. I am non-judgmental and sincerely look for the best in others.	1	2	3	4	5
3. I get along well with many different types of people.	1	2	3	4	5
4. I spend quality, constructive, and enjoyable time with my friends.	1	2	3	4	5
5. Overall, I am happy with the quality of my friendships and social life.	1	2	3	4	5
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	Total [] ÷ [5] = [] # of Points Your Section Average				

6. COMMUNITY

	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
1. I strive to find opportunities to serve other people and service organizations.	1	2	3	4	5
2. I freely give of my time to help needy causes that I feel I should help.	1	2	3	4	5
3. I donate to charity when I have the means to do so (money, food, clothing, etc.).	1	2	3	4	5
4. My actions reflect my commitment to make my community a better place to live.	1	2	3	4	5
5. Overall, I am happy with the quantity and quality of my commitment to serve others for a better society.	1	2	3	4	5
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
	Total [] ÷ [5] = [] # of Points Your Section Average				

PERSONAL ASSESSMENT**2. CATEGORY SCORING SUMMARY****Directions**

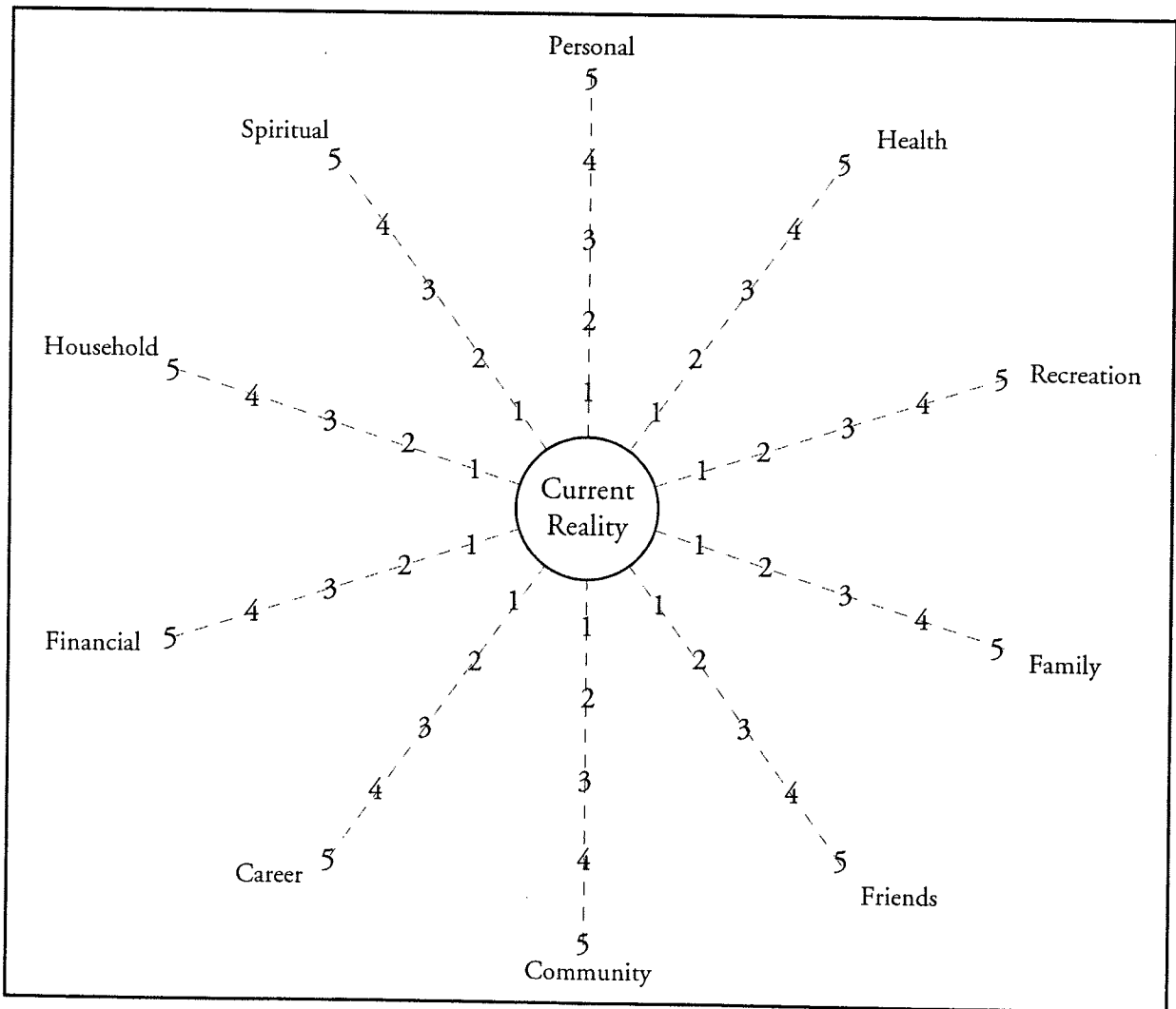
Transfer your scores from the prior pages to the chart below.

#	CATEGORY	SCORING (1.0 – 5.0)
1.	Personal	.
2.	Health	.
3.	Recreation	.
4.	Family	.
5.	Friends	.
6.	Community	.
7.	Career	.
8.	Financial	.
9.	Household	.
10.	Spiritual	.

PERSONAL ASSESSMENT

2. CATEGORY SCORING SUMMARY (continued)

Plot your category scores on the circular graph below. Connect all the dots beginning with Personal, going clockwise through to Spiritual. This will give you a composite picture of your current reality as to which areas of your life are most in balance and where the weak links and limiting steps are in your life.



How do you feel about "Current Reality" vs. "Current Situation?"

PERSONAL ASSESSMENT

Only using one word, how would you describe how your graph looks that you have just completed?

What conclusions can you come up with as to why your graph looks the way it does? Specifically, what are you doing or not doing in each category to justify your scoring? Please take a few minutes to respond to this.

Personal: _____

Health: _____

Recreation: _____

Family: _____

