

FACE THE TRUTH

There are no wrong answers, there is no grade, no rating, not even an interpretation of your responses other than your own thoughtful assessment. Be honest and truthful with yourself. even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True:

RELATIONSHIPS & FAMILY	1	2	3	4	5
I spend focused time with my family each week.					
I get together with friends at least once a week.					
There is no one in my life that I haven't completely forgiven.					
I am actively engaged in learning how to be a better spouse, parent and/or friend.					
I actively look for ways to support and help advance the success of my friends and family.					
I take complete responsibility for all relationship conflicts when they arise.					
I easily trust those I live and work with.					
I am honest and open with all those I live and work with.					
It is easy for me to commit to others and honor those commitments.					
I recognize when I need support and am continually seeking help.					
TOTAL SCORE					

PHYSICAL	1	2	3	4	5
I do strength training at least 3x a week.					
I do cardiovascular exercise at least 3x a week.					
I do stretching and/or yoga type exercise at least 3x a week.					
I watch no more than 10 hours of TV per week.					
I eat breakfast (more than just coffee) every day.					
I don't eat fast food, ever.					
I spend time outside for at least 30 minutes a day, every day.					
I have undisturbed sleep for at least 7-8 hours each night.					
I don't drink more than 1 caffeinated beverage per day.					
I drink at least 8 glasses of water per day.					
TOTAL SCORE					

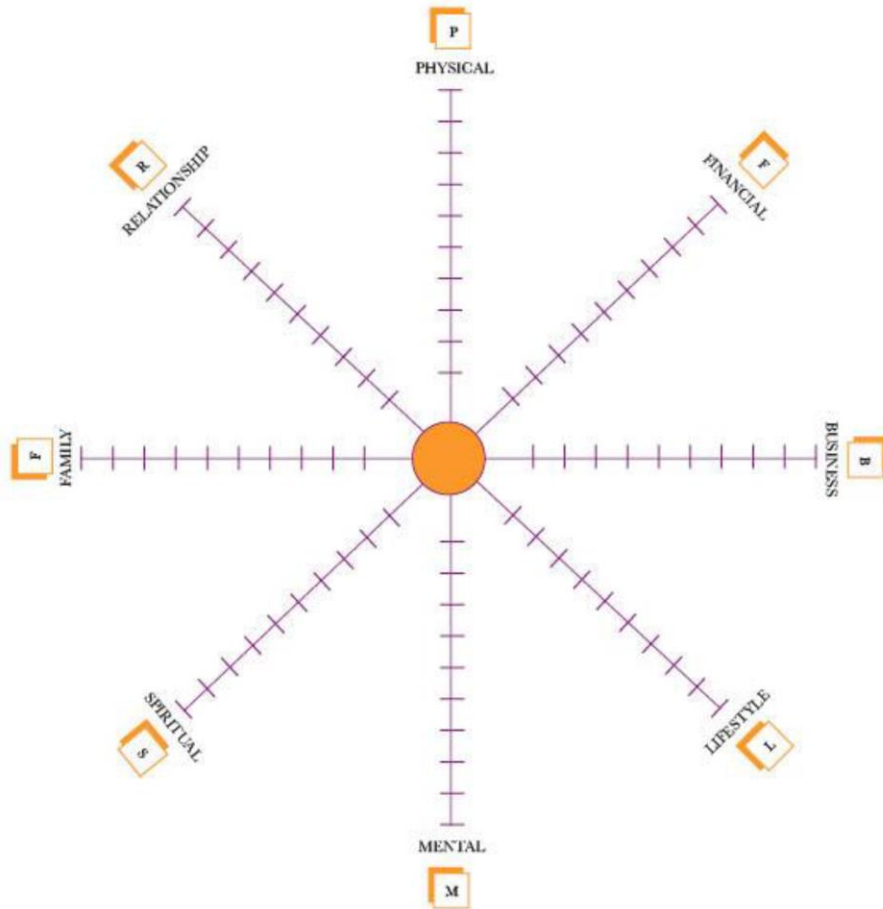
CAREER/MINISTRY/SCHOOL/WORK FROM HOME	1	2	3	4	5
I plan my day out in advance.					
My goals are written, prominently displayed and regularly reviewed.					
I love what I do and enjoy getting up every day to do my job.					
I am filled with feelings of accomplishment and satisfaction from my work.					
I am constantly improving my professional strengths and weaknesses.					
If I could, I would still do my job without pay.					
I am able to separate work and home life.					
My current job has the realistic potential of accomplishing all my financial goals for the next year.					
My current job has the realistic potential of accomplishing all my financial goals for the next 10 years.					
My current job gives me a feeling of significance.					
TOTAL SCORE					

FINANCIAL	1	2	3	4	5
I have a detailed budget and stick to it.					
I have a professionally designed and diversified financial portfolio.					
I save at least 10% of my income every month.					
I am credit card debt-free.					
I have an emergency contingency fund.					
I feel that I am compensated completely according to my worth.					
I have an updated and complete last will and testament.					
I have the needed insurance and financial plan in place for my family.					
I have a detailed retirement plan that will accommodate what I need to live as I desire after retirement and for the rest of my life.					
I live well below my means.					
TOTAL SCORE					

SPIRITUAL	1	2	3	4	5
I consider myself a person of faith.					
I take time each day to pray and reflect on my life.					
Others who experience me would consider me a spiritual person.					
I have a personal relationship with my Lord and Savior.					
I spend time in the word daily.					
I practice my spiritual beliefs daily.					
I teach my spiritual beliefs daily.					
I live in alignment with my faith.					
I consistently use my faith to help resolve my problems.					
I consistently use my faith to help others.					
TOTAL SCORE					

MENTAL	1	2	3	4	5
I read each day.					
I listen each day.					
I stay current with my industry news.					
I seek instructional information in my field or areas of interest every day.					
I have a mentor or support group whom I trust.					
All my friends are a positive influence in my life.					
I never engage in gossip.					
I review my major goals every day.					
I review what I am grateful for every day.					
I always say no to requests or obligations that don't fit my core values.					
TOTAL SCORE					
LIFESTYLE	1	2	3	4	5
I have hobbies outside of work that I enjoy and take part in.					
I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.					
I vacation at least once a year with no work communications.					
I spend as much time as I want with my family.					
I spend as much time as I want with my friends.					
I am constantly seeking adventure, trying something new and creating diverse experiences.					
I feel like there is enough time in the day to do what I both need and want to do.					
I live life to the fullest every day.					
I take time out to daydream every day.					
I am present in every moment of every day.					
TOTAL SCORE					

Wheel OF LIFE



To determine the current balance of your life, take your scores from the previous pages and plot them on the wheel below. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or is not. If it has serious deviations or flat spots, you now know why your life doesn't "roll" along as smoothly as you would wish.

Score Key:

Score of 5 = **1 notch**. Score of 6-10 = **2 notches**. Score of 11-15 = **3 notches**.
Score of 16-20 = **4 notches**. Score of 21-25 = **5 notches**. Score of 26-30 = **6 notches**.
Score of 31-35 = **7 notches**. Score of 36-40 = **8 notches**. Score of 41-45 = **9 notches**.
Score of 46-50 = **10 notches**.