

Personal Assessment Chart

To see where you are right now, chart these ten 'basic to life' elements from one to ten with ten being great and one being poor.

There's so much we can do for ourselves by simply addressing these everyday requirements for balanced living and a joyful life. Often, things just fall into place when we do.

	Diet	Exercise	Water	Sleep	Health	Family	Friends	Spirit	Hobbies	Work	
10											
9											Great
8											
7											
6											Good
5											
4											
3											Poor
2											
1											