

SELF-CHECK ASSESSMENT

DATE

OVERALL

WINS & GRATITUDE:

NOTES:

LOSSES I'M GRIEVING:

NOTES:

UPCOMING FUN:

NOTES:

PRIORITIES IN PROGRESS:

NOTES:

INTERNAL

SPIRITUAL LIFE

- ○ ○ ○ ○ +

NOTES:

THOUGHT LIFE

- ○ ○ ○ ○ +

EMOTIONS

- ○ ○ ○ ○ +

HEALTH

- ○ ○ ○ ○ +

MOTIVATION

- ○ ○ ○ ○ +

EXTERNAL

FAMILY RELATIONSHIPS

- ○ ○ ○ ○ +

NOTES:

FRIENDSHIPS

- ○ ○ ○ ○ +

LIFE-GIVING ACTIVITIES

- ○ ○ ○ ○ +

WORK

- ○ ○ ○ ○ +

REST

- ○ ○ ○ ○ +