

Behavior Impact Evaluation

Every behavior moves you somewhere. Name what you are aiming for, name the behavior, then mark its impact across five areas of your life. Movement toward your aim adds to your self-regard. Movement away takes from it.

Aim or goal intended

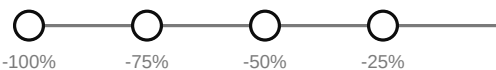


Behavior being evaluated

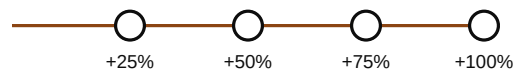
Moving away from my aim

0%

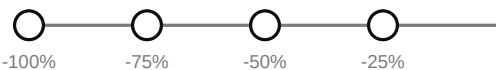
Moving toward my aim



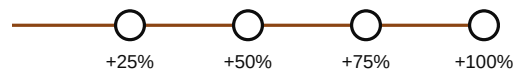
Relationships



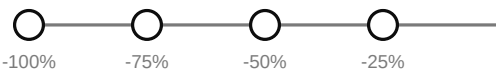
What I notice:



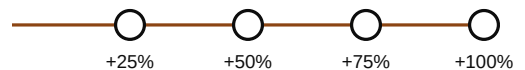
Mental & Emotional Health



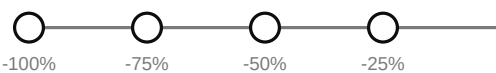
What I notice:



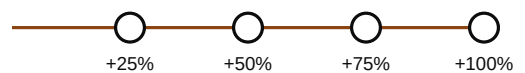
Physical Health



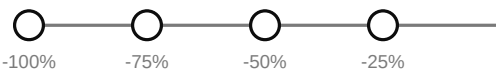
What I notice:



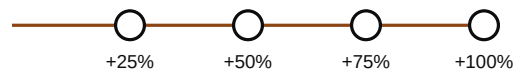
Work



What I notice:



Finances



What I notice:

Net impact on self-regard

Add your five ratings and divide by 5. Above 0% adds to self-regard; below 0% takes from it.
A negative result is information, not a verdict. Seeing it clearly is the first step.

 %

Reflect

1. Which area took the biggest hit, and did I notice it at the time?
2. What need is this behavior meeting for me right now?
3. What is one small shift that would move this behavior closer to my aim?