

# My Physical and Psychological Self

When I evaluate how I feel about My Physical Self and My Psychological Self, I feel I am?

(Let your mind wonder, and in freedom finish the sentence.) I am \_\_\_\_\_  
\_\_\_\_\_

Seriously lacking 1-4

Kinda lacking, 4-8

Kinda OK 8-12

Kinda Good 12-16

Kinda doing well 16-20

Healthy \_\_\_\_\_

Exercising \_\_\_\_\_

Physical Checkups \_\_\_\_\_

Eating well \_\_\_\_\_

Clear Headed \_\_\_\_\_

Resilient to negativity \_\_\_\_\_

Happy \_\_\_\_\_

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Are there other aspects I feel affect My Physical Self and My Psychological Self evaluation of myself that I am happy or unhappy about.

Give a number on a scale of 1-20 to each aspect 1 being

What is the total if you add them all up... \_\_\_\_\_

# My Close and Important Family Members

When I evaluate how I feel about My Close and Important Family Members, I feel I am?

(Let your mind wonder, and in freedom finish the sentence.) I am \_\_\_\_\_

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Below is a way for you (not me or anyone else) to start understanding where you are, and which areas you can pay a little attention to so as to dramatically uplift your own sense of happiness. It is about finding the smallest thing to do that has the biggest effect, it must be small and easy to do, and not something you are “blocked” from doing.

Seriously lacking	1-4
Kinda lacking,	4-8
Kinda OK	8-12
Kinda Good	12-16
Kinda doing well	16-20

Enjoying being with your partner \_\_\_\_\_

Enjoying being with your children \_\_\_\_\_

Enjoying being with your Biological Family \_\_\_\_\_

Enjoy being with your in-laws \_\_\_\_\_

Write out the name of each important family member and place a numerical value from the score sheet above on each one. (This is a private – for you only – exercise, it is not for me or anyone else. Regardless it is difficult for some people even to be honest with themselves about their “happiness relationship with their loved ones.” Being honest with yourself in a totally safe environment is facing and accepting who you are. None of your answers are a reflection on your moral goodness, ethical position or worthiness. All your answers do, is show you a door where you can improve your own happiness).

Are there other aspects I feel affect my personal evaluation of My Close and Important Family Members that I am happy or unhappy about.

Give a number on a scale of 1-20 to each aspect

What is the total if you add them all up... \_\_\_\_\_

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# My WORK

When I evaluate how I feel about My Work I feel I am ?

(Let your mind wonder, and in freedom finish the sentence.) I am \_\_\_\_\_

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Seriously lacking fulfilment / expectations	1-4
Kinda lacking, fulfilment / expectations	4-8
Kinda OK fulfilment / expectations	8-12
Kinda Good fulfilment / expectations	12-16
Kinda doing well fulfilment / expectations	16-20

Enjoying the actual work itself \_\_\_\_\_

Enjoying the people I come in contact with regularly \_\_\_\_\_

Get along and appreciated but he Boss \_\_\_\_\_

Believe the Benefits are good \_\_\_\_\_

Believe the pay is good \_\_\_\_\_

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Are there other aspects I feel affect my evaluation of My WORK that I am happy or unhappy about.

Give a number on a scale of 1-20 to each aspect

What is the total if you add them all up... \_\_\_\_\_

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# My Income – My Assets & My Liabilities

When I evaluate how I feel about My Income – My Assets & My Liabilities, what I earn, what assets I have, what liabilities I have - I feel I am?

(Let your mind wonder, and in freedom finish the sentence.) I am \_\_\_\_\_

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Seriously lacking	1-4
Kinda lacking,	4-8
Kinda OK	8-12
Kinda Good	12-16
Kinda doing well	16-20

I am paid the income I want to earn \_\_\_\_\_

I can afford the things I want for my family \_\_\_\_\_

I enjoy my assets \_\_\_\_\_

I have income streams I want to pursue but can not \_\_\_\_\_

I have too much debt \_\_\_\_\_

Write out the name of each important asset and each important liability and rate whether you like it or not.

Are there other aspects I feel affect my evaluation of My Assets & My Liabilities that I am happy or unhappy about.

Give a number on a scale of 1-20 to each aspect

What is the total if you add them all up... \_\_\_\_\_

# My Dreams – My Passions & My Aspirations.

When I evaluate how I feel about me living My Dreams – My Passions & My Aspirations, following my destiny and following my heart, following, who I really am, I feel I am?

(Let your mind wonder, and in freedom finish the sentence.) I am \_\_\_\_\_

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Seriously lacking	1-4
Kinda lacking,	4-8
Kinda OK	8-12
Kinda Good	12-16
Kinda doing well	16-20

How much am I following my passions \_\_\_\_\_

How much am I following my dreams \_\_\_\_\_

How often do I nurture myself and plan exciting things \_\_\_\_\_

What are my unfulfilled appetites. \_\_\_\_\_

Write out the name of each important passion you have, or thing you want to experience or do, or do more of , eg I love playing scrabble, hiking, bicycling, cruising, bridge, chess, camping fishing, golf, crosswords, tennis, parachuting, ballooning, clubbing, singing, woodwork, car repair, knitting, flying, swimming, boating etc etc

List the activities.

Activity

Are there other aspects I feel affect my evaluation of my overall attention to My Dreams – My Passions & My Aspirations that I am happy or unhappy about?

Give a number on a scale of 1-20 to each aspect

What is the total if you add them all up... \_\_\_\_\_