when reflecting on the past 2 weeks, how frequently is each statement true of you:

1. **Health: I work on maintaining a Balanced Lifestyle – Mind, Body, and Soul:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Purpose: I focus on purpose in life in this world and hereinafter:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Growth: I explore my development needs – Mind, Body, and Soul:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Family: I spend quality time with my loved ones:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Financial: I try to balance my financial needs, short and long term:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Romance: Plays a basic role in my life:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Recreation: I look for ways to have fun in life:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Nature: How much time do you spend appreciating - the moon, sun, river, clouds, trees, sea, rain:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Defend: I can manage difficult situations with calmness:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Collapse: I do not allow fatigue, self-doubt or fatigue affect my daily routine:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **Silence: My mind is engaged in spiritual relaxation:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **I am engaged in intermittent fasting to practice self-restraint:**

Rarely

Sometimes

Often

Very Often

Nearly Always

1. **I spend time, talent, treasure (three t’s) for common good:**

Rarely

Sometimes

Often

Very Often

Nearly Always