**NAME: DOB*:* DATE*:***

***Directions: Please place a number from 0 to 10, based on your current status, and write the “next steps to improve rating” for each of the following:***

***AFFIRMATION STATEMENT: “I WANT TO GAIN EXCELLENT PHYSICAL HEALTH AND MAINTAIN IT. STARTING RIGHT NOW!”***

**DIMENSION # 1** ----On a scale of 0 to 10, please rate your overall **PHYSICAL HEALTH:**

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type below)*

***AFFIRMATION STATEMENT: “I WANT TO GAIN EXCELLENT MENTAL HEALTH AND MAINTAIN IT. STARTING RIGHT NOW***

**DIMENSION # 1** ----On a scale of 0 to 10, please rate your overall **MENTAL HEALTH:**

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT TO ELIMINATE ALL DISTRESS, BASED ON MY CURRENT STATE OF LIFE. STARTING RIGHT NOW!”***

 **DIMENSION # 1** ----On a scale of 0 to 10, please rate your level of distress you are feeling given your current **STAGE IN LIFE:**

(0 = No distress; 10 = Severe Levels of Distress)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT MAINTAIN & IMPROVE MY MENTAL STRENGTH. STARTING RIGHT NOW!”***

**DIMENSION # 2** ----On a scale of 0 to 10, please rate your overall level of **MENTAL STRENGTH:**

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT MAINTAIN & IMPROVE MY EMOTIONAL BALANCE & EMOTIONAL INTEGRATION. STARTING RIGHT NOW!”***

**DIMENSION # 3** ----On a scale of 0 to 10, please rate your overall of level of **EMOTIONAL BALANCE & EMOTIONAL INTEGRATION:**

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT MAINTAIN & IMPROVE MY SOCIAL BALANCE. STARTING RIGHT NOW!”***

**DIMENSION # 4** ----On a scale of 0 to 10, please rate your overall level of **SOCIAL BALANCE:**

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT MY PERSONALITY TO SHINE LIKE THE SUN. STARTING RIGHT NOW!”***

**DIMENSION # 5** ----On a scale of 0 to 10, please rate your overall level of satisfaction with your **PERSONALITY**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT SUPERB FAMILY HARMONY. STARTING RIGHT NOW!”***

**DIMENSION # 6** ----On a scale of 0 to 10, please rate your overall level of **FAMILY HARMONY**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT MAXIMUM HAPPINESS IN MY INTIMATE RELATIONSHIP(S). STARTING RIGHT NOW!”***

**DIMENSION # 7** ----On a scale of 0 to 10, please rate your overall level of **SATISFACTION WITH INTIMATE RELATIONSHIP(S)**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT THE BEST FINANCIAL HEALTH IN MY LIFE. STARTING RIGHT NOW!”***

**DIMENSION # 8** ----On a scale of 0 to 10, please rate your overall level of **FINANCIAL HEALTH**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT THE BEST POSSIBLE CAREER/OCCUPATION. STARTING RIGHT NOW!”***

**DIMENSION # 9** ----On a scale of 0 to 10, please rate your overall level of satisfaction with your current **CAREER/OCCUPATION**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT THE BEST QUALITY OF LIFE. STARTING RIGHT NOW!”***

**DIMENSION # 10** ----On a scale of 0 to 10, please rate your overall level of satisfaction with your current **QUALITY OF LIFE**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT THE BEST RECREATIONAL LIFE. STARTING RIGHT NOW!”***

**DIMENSION # 11** ----On a scale of 0 to 10, please rate your overall level of satisfaction with your current **RECREATIONAL LIFE**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*

***AFFIRMATION STATEMENT: “I WANT THE BEST SPIRITUAL/RELIGIOUS LIFE. STARTING RIGHT NOW!” (IF APPLICABLE)***

**DIMENSION # 12** ----On a scale of 0 to 10, please rate your overall level of satisfaction with your current **SPIRITUAL/RELIGIOUS LIFE**:

(0=Extremely Poor; 10 = Excellent in every way)

Current Self-Rating: \_\_\_\_

List next steps to improve rating: *(Type Below)*