

RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my current health _____
- 2. How close am I to my ideal weight? _____
- 3. I would rate my overall mental health _____
- 4. I do at least 3 cardio/resistance sessions per week. _____
- 5. How hard do I push myself during exercise? _____
- 6. I am active outside of exercise. _____
- 7. I practice relaxation daily. _____
- 8. I love my life and have little stress. _____
- 9. My meals are nutrient rich and proper calories for my body. _____
- 10. I eat a balanced diet and avoid processed and fast food. _____

TOTAL SCORE: _____ / 10 =
(Circle this # on page 1)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my current personal finances _____
- 2. I am saving at least 10% of every dollar I make for non-retirement purchases (car, trip, down payment, etc.). _____
- 3. I am completely debt free (minus my mortgage). _____
- 4. My monthly income exceeds my monthly expenses. _____
- 5. I am investing at least 15% for retirement. _____
- 6. I have an emergency account equaling at least 7 months of expenses. _____
- 7. I have the proper insurance (health, term-life, property, etc). _____
- 8. I give my money generously and with no expectation of anything in return. _____
- 9. I have a complete and updated will. _____
- 10. I have a solid budget and stick to it every month. _____

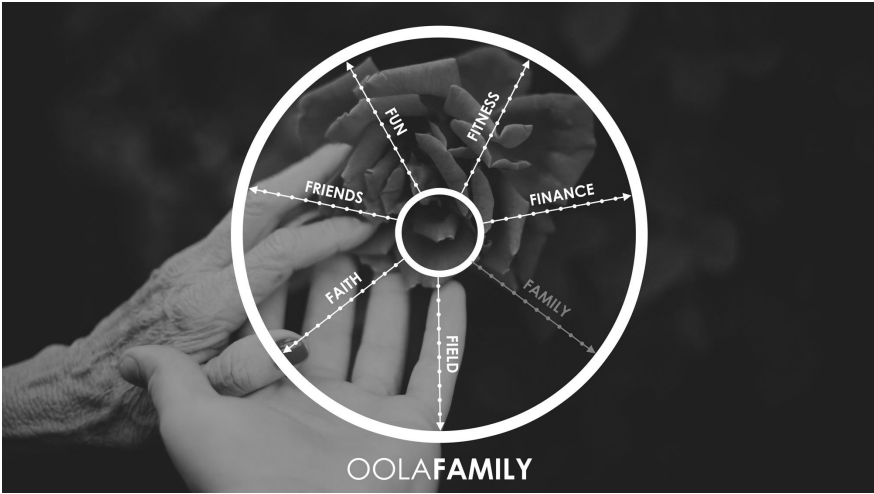
TOTAL SCORE: _____ / 10 =
(Circle this # on page 1)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my current family situation _____
- 2. We eat at least one meal per day together as a family. _____
- 3. My immediate and extended family is functional. _____
- 4. Thinking of family makes me feel happy. _____
- 5. I am honest with my family members. _____
- 6. I work hard at being a better family member. _____
- 7. I set aside personal time with my family without phones. _____
- 8. My family is loving, patient, supportive, and respectful. _____
- 9. I hold no hurt feelings towards any family members. _____
- 10. I feel I spend the enough time with my family to meet their needs.

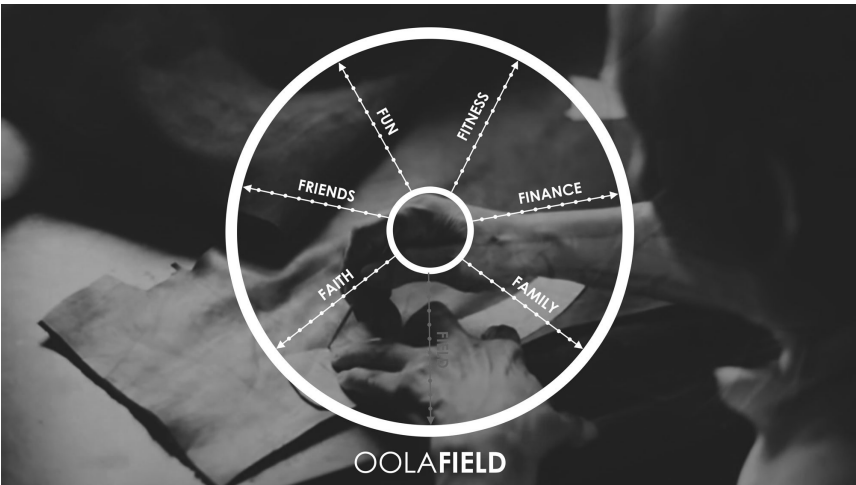
TOTAL SCORE: _____ / 10 =
(Circle this # on page 1)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my current overall job satisfaction _____
- 2. My job financially meets my needs. _____
- 3. I love my job. _____
- 4. I feel as if I am doing what I was created to do. _____
- 5. I have solid goals for my field. _____
- 6. My current job doesn't interfere with my family and personal time. _____
- 7. My current job makes the world a better place. _____
- 8. My job utilizes my natural gifts and abilities. _____
- 9. My current job can support my long-term financial goals. _____
- 10. My job offers the opportunity to grow personally, professionally, and financially. _____

TOTAL SCORE: _____ / 10 =
(Circle this # on page 1)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my Faith _____
- 2. I feel connected to a higher purpose. _____
- 3. I am plugged into a faith community to continue to learn/grow.

- 4. I spend at least 20 minutes a day in meditation and/or prayer. _____
- 5. My beliefs and the way I live my life are congruent. _____
- 6. I use my faith to help resolve conflict and issues in my life. _____
- 7. I reflect on my faith often throughout the day. _____
- 8. I forgive easily. _____
- 9. I rely on my faith to guide my choices and decisions. _____
- 10. I feel comfortable sharing and teaching my faith to others. _____

TOTAL SCORE: _____ / 10 =
(Circle this # on page 2)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my social network of friends _____
- 2. I have unconditionally loving, supportive, and empowering friends.

- 3. I am satisfied with the number of friendships in my life. _____
- 4. I am a good example/mentor for my friends. _____
- 5. My friends support my dreams and are good examples/mentors for me. _____
- 6. When I think of my 3 closest friends, I have no stress. _____
- 7. I openly communicate and trust my friends. _____
- 8. I have friends that are good mentors in all 7 F's of Oola _____
- 9. I have no hard feeling or ill will towards my present friendships. _____
- 10. I am not judgmental towards my friends. _____

TOTAL SCORE: _____ / 10 =
(Circle this # on page 2)



RATE THE FOLLOWING ON A **SCALE FROM 1 TO 10**, 1 BEING LOW/LEAST TRUE AND 10 BEING HIGH/MOST TRUE (WRITE YOUR # IN THE BLANK):

- 1. I would rate my fun in life _____
- 2. I enjoy, and am having fun in life. _____
- 3. I try new things often. _____
- 4. I have fun and invest time pursuing my personal passion (i.e. hobby, interest). _____
- 5. I have fun outside of work at least 3 times per week. _____
- 6. I check off at least one "bucket list" item each year. _____
- 7. I am a fun person to be around. _____
- 8. Fun rarely interferes with my responsibilities. _____
- 9. People would say that I am a fun person. _____
- 10. I easily find free fun in simple everyday life. _____

TOTAL SCORE: _____ / 10 =
(Circle this # on page 2)

