

Personal Wheel: Assessment Sheet

Directions: On the following pages rate yourself from 1-10 in each category. Divide your total by 10 to reach your final number in each category. Using spokes of the wheel image below, plot your number in each category and connect the dots to see how smooth your ride is.

Physical

- ___ appearance
- ___ regular checkup
- ___ energy level
- ___ muscles toned
- ___ regular fitness program
- ___ weight control
- ___ diet & nutrition
- ___ stress control
- ___ endurance & strength
- ___ enough sleep
- ___ TOTAL ÷ 10 = _____

Spiritual

- ___ believe in God
- ___ inner peace
- ___ influence on others
- ___ spouse relationship
- ___ church involvement
- ___ sense of purpose
- ___ attitude for giving donations
- ___ prayer
- ___ Bible study
- ___ abundant gratitude
- ___ TOTAL ÷ 10 = _____

Mental

- ___ attitude
- ___ intelligence
- ___ formal education
- ___ continuing education & training
- ___ creative imagination
- ___ inspirational reading
- ___ inquisitive mind
- ___ self-image
- ___ enthusiasm
- ___ automobile university
- ___ TOTAL ÷ 10 = _____

Family

- ___ listening
- ___ good role model
- ___ principled but flexible
- ___ forgiving attitude
- ___ build self-esteem of others
- ___ express love and respect
- ___ meals together
- ___ family relationships
- ___ dealing with disagreements
- ___ time together
- ___ TOTAL ÷ 10 = _____

Financial

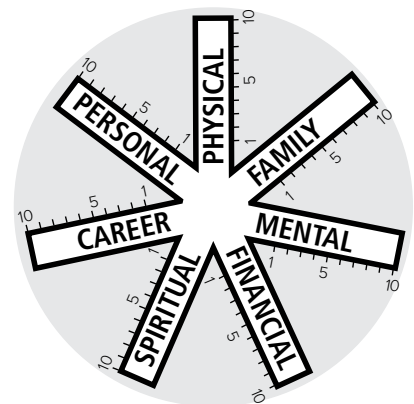
- ___ proper priority
- ___ personal budget
- ___ impulse purchases
- ___ earnings
- ___ living within income
- ___ money in savings
- ___ adequate insurance
- ___ investments
- ___ financial statement
- ___ debt free
- ___ TOTAL ÷ 10 = _____

Personal

- ___ recreation
- ___ exercise
- ___ friendships
- ___ community activities
- ___ service clubs
- ___ quiet time
- ___ growth time
- ___ consistent life
- ___ appropriate social media
- ___ time management
- ___ TOTAL ÷ 10 = _____

Career

- ___ love what I do
- ___ understand my job
- ___ co-worker relationships
- ___ productivity
- ___ understand company goals
- ___ understand my activity in relationship to my goals
- ___ appreciate company benefits
- ___ opportunity for advancement
- ___ well-trained for my job
- ___ own my business/have career path
- ___ TOTAL ÷ 10 = _____



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