

Seven Building Blocks of Life Overall Self Evaluation - Date: _____



Rate yourself by putting a check (✓) in the column that best describes you

Life Categories	1 Strongly Disagree	2 Disagree	3 Agree	4 Strongly Agree
Building an Environment for Success ___/ 16				
My home/work place is organized and clutter free				
My car is in good working condition				
My home is well maintained				
My computer, cell phone, and daily planner are in place				
Setting Goals ___/ 16				
I set time bound, specific goals				
I record my goals in a planner, calendar, or computer				
My goals are attainable and challenging				
I review and work toward my goals every day				
Health and Fitness ___/16				
My medical conditions are satisfactory to good				
I am at a healthy weight and practice good eating habits				
I engage in daily aerobic activity				
I engage in a regular strength exercise regimen				
Careers and Professional Performance ___/16				
My jobs have been rewarding and satisfying				
My present job is what I always wanted to do				
I have researched all my career options				
I have adequate education/ training for my career dreams				
Managing Finances ___/16				
I save at least 10% of my take home pay				
I have eliminated all credit card debt				
I have set up long term investment accounts				
I stick to my budget and use automatic bill pay				
Family and Social Relationships ___/16				
I am in a happy long term relationship				
My family and friends are my support system				
I consider myself to be a good listener				
I respect others by looking for the good in people				
Personal and Spiritual Needs ___/16				
I am living the life of my dreams				
I find time for hobbies, and other activities of interest				
My self esteem is high				
I am a positive person—I look forward to a bright future				
112 Possible Points/ My Score _____				

High Score/each category (12-16): _____ **Low Score (4-8):** _____