

# Personal Assessment

Date:

Grief \* Relationships \* Health \* Confidence \* Purpose

Watch the accompanying video for additional instructions.  
Rate the following on a scale of 1-10. 1 being terrible and 10 being excellent.  
Don't overthink it. Give it the rating that first comes to mind.

Rate your grief:

1 2 3 4 5 6 7 8 9 10

Why did you give it that rating?

What would it look like if it was a 10 (excellent)?

Rate your relationships:

1 2 3 4 5 6 7 8 9 10

Why did you give it that rating?

What would it look like if it was a 10 (excellent)?

Rate your health:

1 2 3 4 5 6 7 8 9 10

Why did you give it that rating?

What would it look like if it was a 10 (excellent)?

Rate your confidence:

1 2 3 4 5 6 7 8 9 10

Why did you give it that rating?

What would it look like if it was a 10 (excellent)?

Rate your sense of purpose:

1 2 3 4 5 6 7 8 9 10

Why did you give it that rating?

What would it look like if it was a 10 (excellent)?

Every quarter do a new self-assessment to see your progress.

