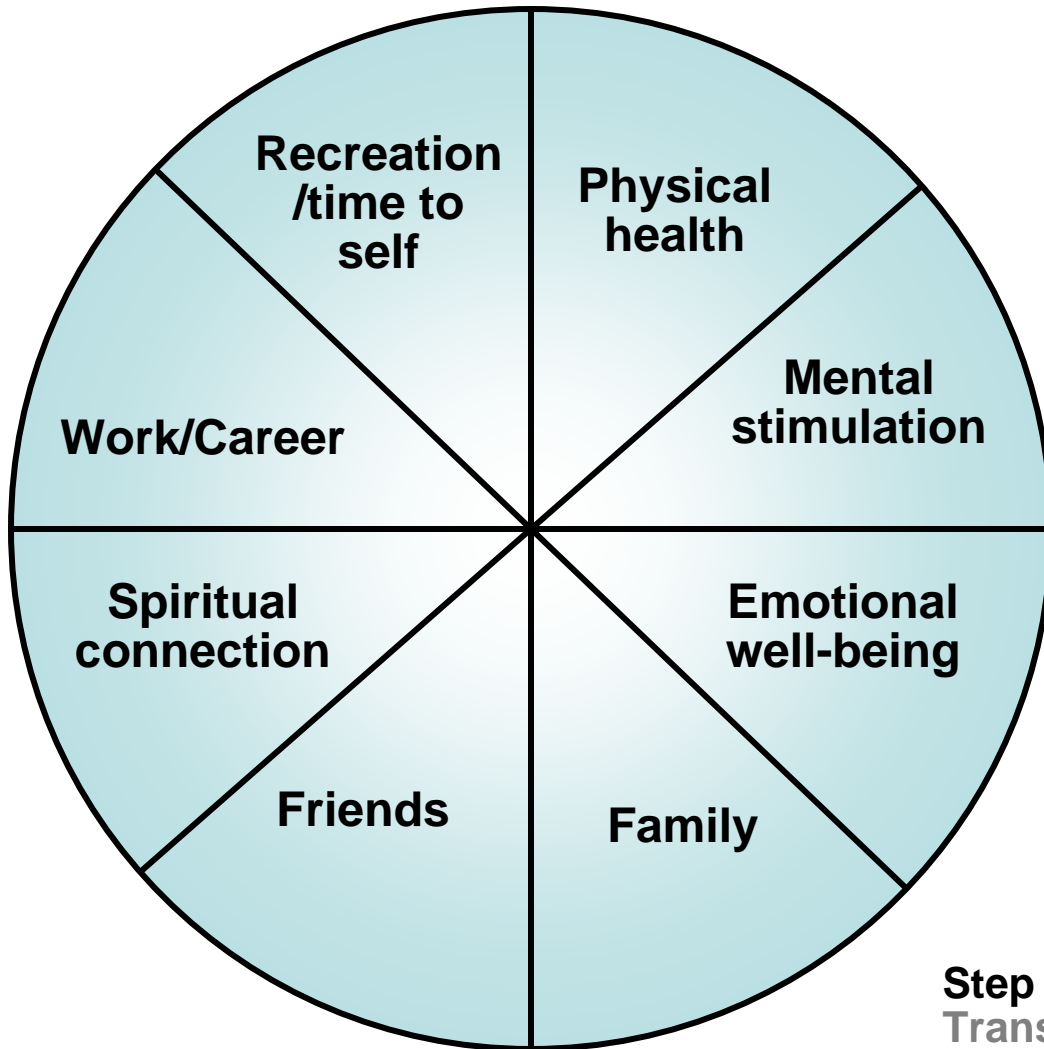


Rate Your Life



Step 1

On a scale of 1 to 10, rate how you feel about each segment of your life:

- ___ Physical health
- ___ Mental stimulation
- ___ Emotional well-being
- ___ Family
- ___ Friends
- ___ Spiritual connection
- ___ Work/Career
- ___ Recreation/time to self

Step 2

Transfer your numbers from above to the segments at the left.

Make the Ultimate Commitment

What changes am I willing to commit to?

Hint: Everything doesn't have to change all at once. You can improve physical health by choosing to move more or drink more water. It's easier to commit to smaller changes and turn them into new habits. Smaller choices snowball into major change.

Physical health _____

Mental stimulation _____

Emotional well-being _____

Family _____

Friends _____

Spiritual connection _____

Work/Career _____

Recreation/time to self _____

Step 3

Pick one segment that is rated lower than you'd like to see it and ask, "What one thing am I willing to change or begin doing this week to improve my life in this area?" Write it down above next to the appropriate segment. You don't have to change everything all at once.

Choose just one segment to focus your attention on this week.

Moving Forward

Make one small change each week for the next 7 weeks

New behaviors require 3 weeks of continuous action to become a new habit. Write down one small change you agree to take for each of the next 8 weeks. Congratulate yourself for making the Ultimate Commitment to your own happiness!

	Week #
Physical health _____	
Mental stimulation _____	
Emotional well-being _____	
Family _____	
Friends _____	
Spiritual connection _____	
Work/Career _____	
Recreation/time to self _____	