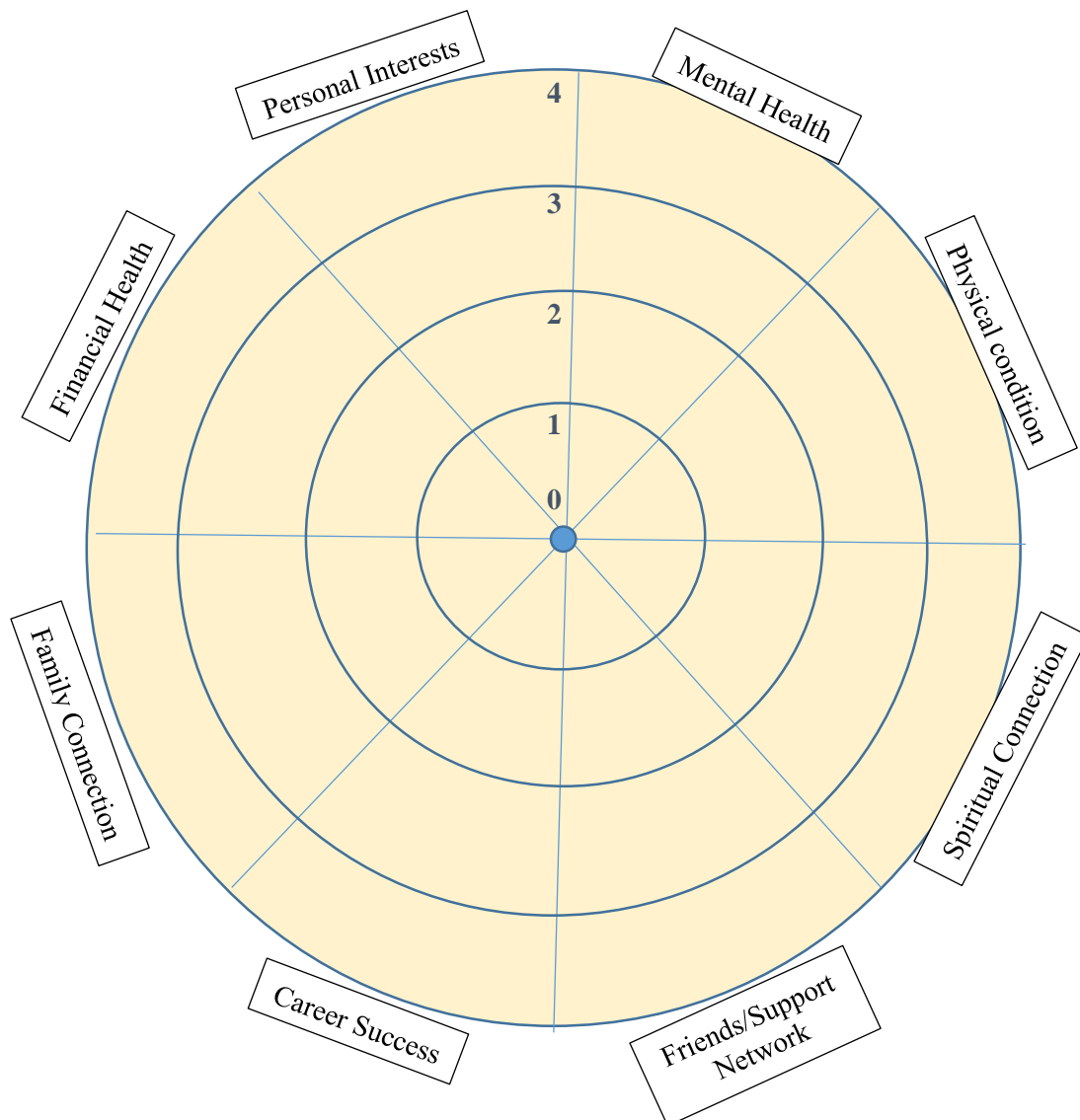


## EVALUATE YOUR LIFE VS YOUR PRIORITIES

If you have previously looked at your values – the things that are most important to you in life – and you also looked at how you were spending your time in relation to your values, then this is the next step. You need to see how much your life set-up aligns with your identified values and set priorities.

Everyone's life is typically made of key areas – it looks like this (see below), like a giant pizza perhaps. The graphic below shows what that may look like. So each slice of the pizza represents an area in your life that should be in balance for you to be living a healthy and happy life. Each pizza slice has a score from zero 4 on the rim. That means 4 is the highest score each area or pizza slice can have. Now all you need to do is look at the questions below and give yourself a score for each of these areas out of 4 to see how things are going for you in that area of your life.



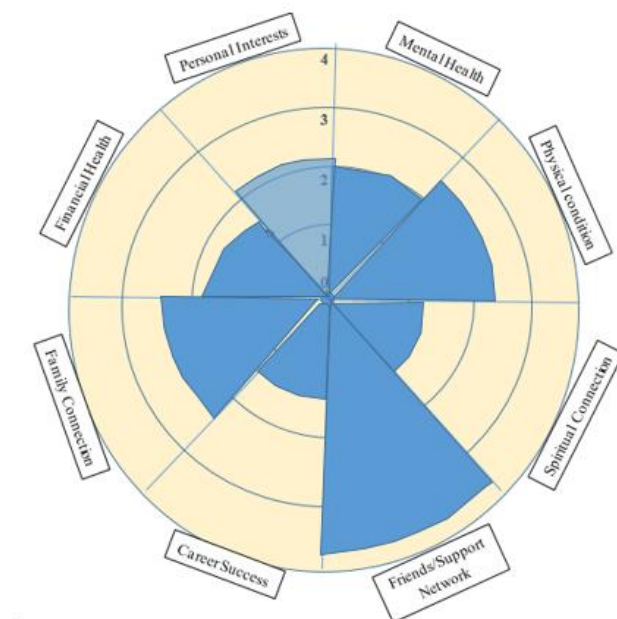
### **Scoring guide:**

When you consider the scores, use the guide below:

- A rating of 4 means you do not need to improve
- A rating of 1 means you are in need of significant improvement
- A rating of N/A means that this item does not apply to you

Look at how you score each question/statement and then calculate the average for the category or “pizza slice”. Color in the section of the pizza slice that is from that average score towards the zero in the center.

Your pizza could look like this (see example below):



Once you have completed this, look at your picture and consider these questions:

- Is your pizza balanced or are some areas really high or low compared to the other pizza slices?
- If they are all roughly the same height, it indicates you have mostly balance in your life
- Is your circle large or small?
  - A small circle means that you need to improve in a number of areas
- Does the scores reflect the values you have identified for your life?

**Score these Statements for each of the pizza slices above:**

**Physical condition:**

Questions to answer/score	Score
1. Do you like your appearance?	
2. Do you have a high level of energy generally?	
3. Do you have good muscle tone in your body?	
4. Is your weight within the right limits for your build and height?	
5. Do you have a healthy diet?	
6. Do you take care to control and manage stress in your life?	
7. Do you have good endurance and strength in your body?	
8. Do you regularly get a health checkup?	
9. Are you participating in a regular fitness program?	
<b>Average</b>	

**Financial health:**

Questions to answer/score	Score
1. Have you set priorities for how to spend your money?	
2. Do you have a personal monthly and yearly budget?	
3. Do you buy many items on impulse?	
4. Do you know exactly how much money you earn every month?	
5. Are you spending less than you earn every month?	
6. Are all your credit cards balances paid off every month?	
7. Do you have enough insurance to ensure a steady income if your health or well-being was affected negatively?	
8. Do you invest in low or medium risk ways?	
9. Do you know how much pension you can expect to get when you retire?	
10. Do you review your financial statements at least once per month?	
<b>Average</b>	

**Spiritual Connection:**

If you consider yourself an agnostic perhaps you want to substitute or change this heading to address how you practice the spiritual nature of your being and its connection to the world/nature/the universe etc.

Questions to answer/score	Score
1. Do you believe in a higher power? (could be any religion or spiritual beliefs)	
2. Do you regularly attend gatherings with others who believe like you do?	
3. Do you share your spiritual beliefs with others?	
4. Do you regularly pray or connect with a higher power?	
5. Do you actively strive to live a good, respectable and honorable life?	
6. Do you study to find out more about the origins and real meanings behind important texts that align with your beliefs?	
7. Do you mostly experience inner peace?	
<b>Average</b>	

**Mental Health:**

Questions to answer/score	Score
1. Do you often read and/or listen to motivational materials during the week?	
2. Do you spend a lot of time with positive people? (at work and in your private life)	
3. Do you generally see the positive side of life and events that happen?	
4. Would you describe yourself as mostly a happy person?	
5. Do you find your moods are mostly stable instead of constantly changing?	
6. Do you feel mostly contented with your life?	

7. Do you have high hopes for your future?	
8. Do people often come to you when they want to be uplifted from feeling down?	
9. Do you believe that things will work out well most of the time?	
<b>Average</b>	

**Family Connection:**

Questions to answer/score	Score
1. Do you regularly see your parents or talk to them on a regular basis?	
2. Do you stay in touch with your siblings on a regular basis?	
3. If you are living with a partner/husband/wife, are you strongly committed to this relationship?	
4. If you have children, do you often make time to spend a day with them doing something that the children would enjoy and like to do?	
5. Do you make time to spend family evenings at home?	
6. Do you often see other family members – aunts, uncles, cousins, grandparents?	
7. Do you often make time to see a family member?	
8. Do you cherish your relationships with family members?	
9. Is your family a priority in your life?	
<b>Average</b>	

**Personal Interests:**

Questions to answer/score	Score
1. Do you regularly make time for recreational activities?	
2. Are you involved with community events/causes or volunteer opportunities?	
3. Do you have hobbies that you practice on a regular basis?	
4. Do you sometimes make time to be by yourself to just have quiet time?	
5. Do you make time to learn new skills in areas or topics that interest you?	
<b>Average</b>	

**Career Success:**

Questions to answer/score	Score
1. Do you feel challenged in your daily job?	
2. Are you happy when you know you have to go to work?	
3. Do you feel you have the opportunity to advance your career?	
4. Are you constantly looking for ways to learn more to improve your knowledge at work?	
5. Have you considered continuing your education? Perhaps taking evening classes?	
6. Do you have career goals?	
7. Do you enjoy what you are doing every day?	

8. Do you have a personal development plan with clear goals and actions you will take to achieve them?	
<b>Average</b>	

### Friends/Support Network

Questions to answer/score	Score
1. Do you at least have two or three really good friends whom you talk to you a regular basis?	
2. Do you make time to remember important events (birthdays, anniversaries) for those you consider important in your life?	
3. Do you make time to listen to your friends when they have issues they wish to discuss with you?	
4. Do you let others know you are there for them when they are going through difficult times?	
5. Do you accept help from those around you when you are going through a difficult time?	
6. Do you reach out to your friends when you need support?	
7. Do your friends share your values and is it evident in the way they are living their lives?	
<b>Average</b>	