

Looking back over the last week including today can you rate how well you are doing in the following areas of your life.

work - love - play Checklist

Please circle the number that applies to you.

1. Work - occupation - school

| | | | | | | | | | |
|----------|---|---|---|---|---|---|---|---|------------|
| 1 low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 high |
|----------|---|---|---|---|---|---|---|---|------------|

2. Love - friends

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|----------|---|---|---|---|---|---|---|---|------------|
| 1 low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 high |
|----------|---|---|---|---|---|---|---|---|------------|

3. Love - intimates

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|----------|---|---|---|---|---|---|---|---|------------|
| 1 low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 high |
|----------|---|---|---|---|---|---|---|---|------------|

4. Love - family

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|----------|---|---|---|---|---|---|---|---|------------|
| 1 low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 high |
|----------|---|---|---|---|---|---|---|---|------------|

5. Play - recreation - hobbies - interests - sports

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|----------|---|---|---|---|---|---|---|---|------------|
| 1 low | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 high |
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Other things to talk about may include:

exercise | smoking | sleep | alcohol & recreational drugs | citizenship | community | spiritual