



Exceptional Living Personal Assessment: Examining Your Life Right Now

On a scale from one to ten, with one being “not at all” and ten being “completely,” rate how well each of the following statements describes you.

	Not at All	Neutral	Completely								
<i>Attitude/Outlook</i>											
▪ I am usually pretty “up” and happy	1	2	3	4	5	6	7	8	9	10	
▪ I tend to see the possibilities and promise in new situations (rather than problems or challenges)	1	2	3	4	5	6	7	8	9	10	
▪ I usually feel grateful for what I have	1	2	3	4	5	6	7	8	9	10	
▪ I am content with my life	1	2	3	4	5	6	7	8	9	10	
<i>Environment</i>											
▪ I have a place (or places) in my home or work area that I enjoy being...both physically and emotionally	1	2	3	4	5	6	7	8	9	10	
▪ Things are pretty much organized to my liking in my life	1	2	3	4	5	6	7	8	9	10	
▪ I try to keep clutter and extra “stuff” to a minimum	1	2	3	4	5	6	7	8	9	10	
▪ The places where I spend a lot of time have pleasing sounds, sights, and smells	1	2	3	4	5	6	7	8	9	10	
<i>Physical Balance</i>											
▪ I regularly get adequate sleep for my needs	1	2	3	4	5	6	7	8	9	10	
▪ I commit myself to movement or exercise on a regular basis	1	2	3	4	5	6	7	8	9	10	
▪ I eat a healthy diet and drink at least 8 glasses of water each day	1	2	3	4	5	6	7	8	9	10	
▪ I practice some form of relaxation or focus on my breathing daily to calm my mind and body	1	2	3	4	5	6	7	8	9	10	
▪ I smile or laugh a lot every day	1	2	3	4	5	6	7	8	9	10	
<i>Connection/Interaction with Others</i>											
▪ I regularly spend time with people who are non-judgmental and affectionate	1	2	3	4	5	6	7	8	9	10	
▪ I am satisfied with the number and quality of my friendships	1	2	3	4	5	6	7	8	9	10	
▪ I try to help others in some way nearly every day (formally or informally)	1	2	3	4	5	6	7	8	9	10	
▪ I am satisfied with my intimate relationship/partnership	1	2	3	4	5	6	7	8	9	10	
▪ I have enough opportunities to take part in groups, associations, or community activities that interest me	1	2	3	4	5	6	7	8	9	10	

Spirituality

- I practice some form of spirituality that is meaningful to me 1 2 3 4 5 6 7 8 9 10
- I pray, meditate, or practice some other form of focused spirituality regularly 1 2 3 4 5 6 7 8 9 10
- I attend group worship or spirituality gatherings as often as I wish to 1 2 3 4 5 6 7 8 9 10
- My life choices are in alignment with my spirituality 1 2 3 4 5 6 7 8 9 10

Choices

- I can readily say “no” to requests or demands of my time when I want to or feel I need to 1 2 3 4 5 6 7 8 9 10
- I try to avoid leaving projects or tasks undone once I’ve started them 1 2 3 4 5 6 7 8 9 10
- I avoid procrastinating for the most part 1 2 3 4 5 6 7 8 9 10
- I know what my biggest priorities are in my life and I live according to these values 1 2 3 4 5 6 7 8 9 10
- I feel like I effectively manage my time 1 2 3 4 5 6 7 8 9 10

Career/Job

- I am satisfied in my current career/job 1 2 3 4 5 6 7 8 9 10
- I feel fulfilled by the work that I do 1 2 3 4 5 6 7 8 9 10
- I feel confident that I can make a successful career/job change if I choose to 1 2 3 4 5 6 7 8 9 10
- I feel adequately compensated (financially or in other ways) for the work I do 1 2 3 4 5 6 7 8 9 10

Financial Status

- I know how much debt I have and have a spending plan that feels comfortable and productive to me 1 2 3 4 5 6 7 8 9 10
- I feel comfortable in my investments/savings for the future/retirement 1 2 3 4 5 6 7 8 9 10
- I feel in control of my financial destiny 1 2 3 4 5 6 7 8 9 10
- I feel like I give an adequate amount of my time, money, or energy to worthwhile causes 1 2 3 4 5 6 7 8 9 10

Recreation/Relaxation/Self Care

- I often practice self-care by doing favorite activities or taking time out for myself 1 2 3 4 5 6 7 8 9 10
- I have an interest or hobby that I spend time on regularly 1 2 3 4 5 6 7 8 9 10
- I take time for solitude on a regular basis 1 2 3 4 5 6 7 8 9 10
- I can distract myself from stress periodically by doing something recreational 1 2 3 4 5 6 7 8 9 10

Intellectual Pursuits...

- I regularly take time to learn new information or gain new knowledge 1 2 3 4 5 6 7 8 9 10
- I challenge myself to master new skills periodically 1 2 3 4 5 6 7 8 9 10
- I frequently discuss interesting topics with others 1 2 3 4 5 6 7 8 9 10

Prepared by Applied Insight

104 S. Freya Street, Red Flag Building #202 * Spokane, WA 99202 * (509) 532-1600 * info@appliedinsight.net.