**Personal Checklist**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

WORK

True /False

My work stimulates me

I am proud of what I do for a living

I feel appreciated by my colleagues and supervisors

I respect the people I work with

I know where my career is heading

I respond to calls and e-mails within 48 hours

I don't let paperwork pile up

I complete my work within reasonable hours

I manage my time well

I delegate without guilt

Total # TRUE in this section: \_\_\_\_ /10

FINANCES

I am satisfied with my income

I have a budget that I use

I pay my bills on time

I know how much I owe and when it will be paid off

I have an active long-term financial plan

I am able to reward myself without feeling guilty

I use my credit card wisely

I have a current will

My wallet is uncluttered

My tax affairs are up to date

Total # TRUE in this section: \_\_\_\_ /10

HOME ENVIRONMENT

I am happy with my home

My home is generally clean and tidy

I surround myself with things that I love

My home and car are clear of clutter

I recycle at home

My personal files are in order and up to date

My bed supports me having a good night’s sleep

My bed is always made

I have photos of loved ones on display

I am happy with my mode of transport

Total # TRUE in this section: \_\_\_\_ /10

HEALTH & BODY

True /False

I am happy with my current weight

I do some form of exercise at least three times a week

I have a balanced diet including lots of fresh fruits and vegetables

I don't smoke, and don't drink alcohol excessively

I drink at least 8 8-ounce glasses of water (2 quarts) every day

I am up to date with all necessary medical and dental checkups

I am happy with the sleep I get

I have appropriate clothes for my work & personal interests

I have enough energy to do what I want to do

I feel generally well

Total # TRUE in this section: \_\_\_\_ /10

RELATIONSHIPS

I am happy with the level of intimacy in my life

My partner and I respect each other and are equals

I have close friends in my life

I make amends easily with people I have had conflicts with

I trust the significant people in my life

I am on good speaking terms with my neighbours

I consider myself to be a good friend

I see people who are important to me regularly

My friends & family know how much I care about them

I am satisfied with my social life

Total # TRUE in this section: \_\_\_\_ /10

PERSONAL

I like myself

I have had a birthday party in the last two years

I have a life outside of my work

I have enough confidence to do what I want in life

I take a vacation every year

I don't lie or exaggerate

I am comfortable saying no

People can count on me to do what I say I will do

I can easily recall the last time I really laughed

I have a form of creative expression

Total # TRUE in this section: \_\_\_\_ /10

Overall totals for this checklist: \_\_\_\_ /60 \_\_\_\_ %

Strongest area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ %

Weakest area: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_ %