

PERSONAL RESET ASSESSMENT

Additional guidance on back page.

The purpose of this assessment is to help you focus on cleaning up and restoring key areas of your life.

How to complete

Read each statement, and check it off only if it's completely true. Be as honest with yourself as you can.

The goal is to get as many statements checked off (or boxes filled in on the last page) as possible. When you stay focused on these areas of your life, you are likely to feel more energetic, less stressed, and able to accomplish more.

ENVIRONMENT

- My personal files, papers and receipts are scanned, organized and stored electronically.
- My car is in excellent condition.
- My home is neat and clean (clean floors, organized closets, no clutter).
- My home components are in good working order (plumbing, heating, air conditioning).
- There is nothing I am tolerating or putting up with in my home or work environment.

Number marked

HEALTH & WELL BEING

- I am careful to watch my consumption of caffeine, sugar, and alcohol; I don't use nicotine or tobacco products.
- I keep my teeth and gums healthy by brushing and flossing daily, and by seeing a dentist regularly.
- I have physical exams and eye exams at least every year.
- I actively seek out things to appreciate or look forward to each day.
- I walk or exercise at least 3 times each week.

Number marked

FINANCIAL

- I save at least 10% of my income.
- I manage my money: I pay my bills on time, virtually always.
- My assets (autos, home, and possessions) are well-maintained and properly insured.
- I like and enjoy the job and profession I am in.
- I consciously live well within my means.

Number marked

PERSONAL INTERACTIONS

- I have great relationships with my partner, parents, children, and siblings.
- I get along well with my manager, staff, and coworkers.
- There is no one I avoid or feel uncomfortable with.
- I keep my word; people can count on me.
- I deliberately maintain personal and professional relationships that energize and inspire me.

Number marked

PERSONAL BALANCE

- I consistently have adequate time, space and freedom in my life.
- I am consistently early or easily on time for appointments.
- I don't rely on stress or adrenaline to get the job done.
- I have a rewarding life beyond my work or profession.
- I have no habits that I find to be unacceptable.

— **Number marked**

A FULL LIFE

- I am respectful of others in all ways; be it personal boundaries or personal preferences.
- I am trustworthy; people know they can depend on me to do what I commit to doing.
- I am fully interdependent—I work as well with others as I do by myself.
- I try to live proactively, versus reactively, so as not be jerked around by every change that occurs.
- I live my life with purpose; I recognize time is short.

— **Number marked**

Guidance and Instructions:

The Race: Sometimes, keeping up with life feels stressful.

There is no magic pill that allows us catch up on the things we must do, but there are simple steps we can take in order to be in a better position to handle "life." A reset may help.

This self-assessment focuses on important aspects of life that are worthy of addressing. Yes, there are other aspects, but many people seek balance and guidance regarding these particular areas.

The assessment intends to be an eye-opener, a tool to get you thinking about what's important to you and how to get a little more order or structure in your life.

Let us know if you have any questions.

Personal Reset Assessment Scoring Page

1 Total the categories. Add up the checked items in each category and, starting at the bottom, block out your numbered score in the appropriate category columns. The completed chart is now a snapshot of how complete you are in each category.

2 Review every 30 days. The goal is to work towards completing all of the boxes. This process may take time; it is not a test of speed but an endeavor towards completeness.

OVERALL SCORE

Categories >	Environment	Health & Well Being	Financial	Personal Interaction	Personal Balance	Full Life
5						
4						
3						
2						
1						

Scores: ^ ^ ^ ^ ^ ^