

WORKSHEET 1: PERSONAL REALITY CHECK										
	Where I Am Now					Where I Want To Be				
	1	2	3	4	5	1	2	3	4	5
<b>1. Physical</b>										
Medical Check-up										
Nutrition										
Exercise										
Weight Control										
General Health										
<b>2. Family</b>										
Good Role Model										
Effective Listening Habits										
Forgiving Attitude										
Supportive of Others										
Respectful										
Loving										
<b>3. Financial</b>										
Earnings										
Savings										
Investments										
Budget										
Insurance										
Credit Management										
<b>4. Social</b>										
Sense of Humour										
Self-confidence										
Manners										
Caring										
<b>5. Spiritual</b>										
Inner peace										
Sense of Purpose										
Prayer / Meditation										
Study										
<b>6. Mental</b>										
Imagination										
Attitude										
Learning										
Reading										
Curiosity										
<b>7. Business/Career</b>										
Satisfaction										
Effectiveness										
Training										
Competence										
Opportunity For Growth										