

WORKSHEET #8 – LIFE ASSESSMENT

Face the truth

There are no wrong answers, there is no grade, no rating, not even an interpretation of your responses other than your own thoughtful assessment. Be honest and truthful with yourself. Even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being *Least True* and 5 being *Most True*:

RELATIONSHIPS & FAMILY	
I spend at least 10 hours of focused time with my family each week.	1 2 3 4 5
I get together with friends at least once a week.	1 2 3 4 5
There is no one in my life that I haven't completely forgiven.	1 2 3 4 5
I am actively engaged in learning how to be a better spouse, parent and/or friend.	1 2 3 4 5
I actively look for ways to support and help advance the success of my friends and family.	1 2 3 4 5
I take complete responsibility for all relationship conflicts when they arise.	1 2 3 4 5
I easily trust those I live and work with.	1 2 3 4 5
I am 100% honest and open with all those I live and work with.	1 2 3 4 5
It is easy for me to commit to others and honor those commitments.	1 2 3 4 5
I recognize when I need support and am continually seeking help.	1 2 3 4 5
Total Score:	

PHYSICAL	
I do strength training at least 3x a week.	1 2 3 4 5
I do cardiovascular exercise at least 3x a week.	1 2 3 4 5
I do stretching and/or yoga type exercise at least 3x a week.	1 2 3 4 5
During a typical day, I watch no more than 1 hour of TV.	1 2 3 4 5
I eat breakfast (more than just coffee) every day.	1 2 3 4 5
I don't eat fast food, ever.	1 2 3 4 5
I spend time outside for at least 30 minutes a day, every day.	1 2 3 4 5
I have undisturbed sleep for at least 8 hours each night.	1 2 3 4 5
I don't drink more than 1 caffeinated beverage per day.	1 2 3 4 5
I drink at least 8 glasses of water per day	1 2 3 4 5
Total Score:	

BUSINESS	
I plan my day out the day before.	1 2 3 4 5
My goals are written, prominently displayed and regularly reviewed.	1 2 3 4 5
I love what I do and enjoy getting up every day to do my job.	1 2 3 4 5
I am continually filled with feelings of accomplishment and satisfaction from my work.	1 2 3 4 5
I am constantly improving my professional strengths and weaknesses.	1 2 3 4 5
If I could, I would still do my job without pay.	1 2 3 4 5
I am home with my family on time every day.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.	1 2 3 4 5
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.	1 2 3 4 5
Total Score:	

FINANCIAL	
I have a completely detailed budget and unfailingly stick to it.	1 2 3 4 5
I have a professionally designed and diversified financial portfolio.	1 2 3 4 5
I save at least 10% of my income every month.	1 2 3 4 5
I am credit card debt-free.	1 2 3 4 5
I have a dedicated six-month reserve account completely funded and set aside.	1 2 3 4 5
I feel that I am compensated completely according to my worth.	1 2 3 4 5
I have an updated and complete last will and testament.	1 2 3 4 5
I have the needed insurance and financial plan in place for my family should something happen to me.	1 2 3 4 5
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	1 2 3 4 5
I live well below my means and never spend money imprudently.	1 2 3 4 5
Total Score:	

SPIRITUAL	
I consider myself a spiritual person.	1 2 3 4 5
I take at least 20 minutes each day to meditate and reflect on my life.	1 2 3 4 5
Others who experience me would consider me a spiritual person.	1 2 3 4 5
I have a personal relationship with my spiritual source.	1 2 3 4 5
I study my spiritual beliefs daily.	1 2 3 4 5

I practice my spiritual beliefs daily.	1 2 3 4 5
I teach my spiritual beliefs daily.	1 2 3 4 5
I live completely in accordance to my spiritual beliefs.	1 2 3 4 5
I consistently use my spirituality to help resolve my problems.	1 2 3 4 5
I consistently use my spirituality to help others.	1 2 3 4 5
Total Score:	

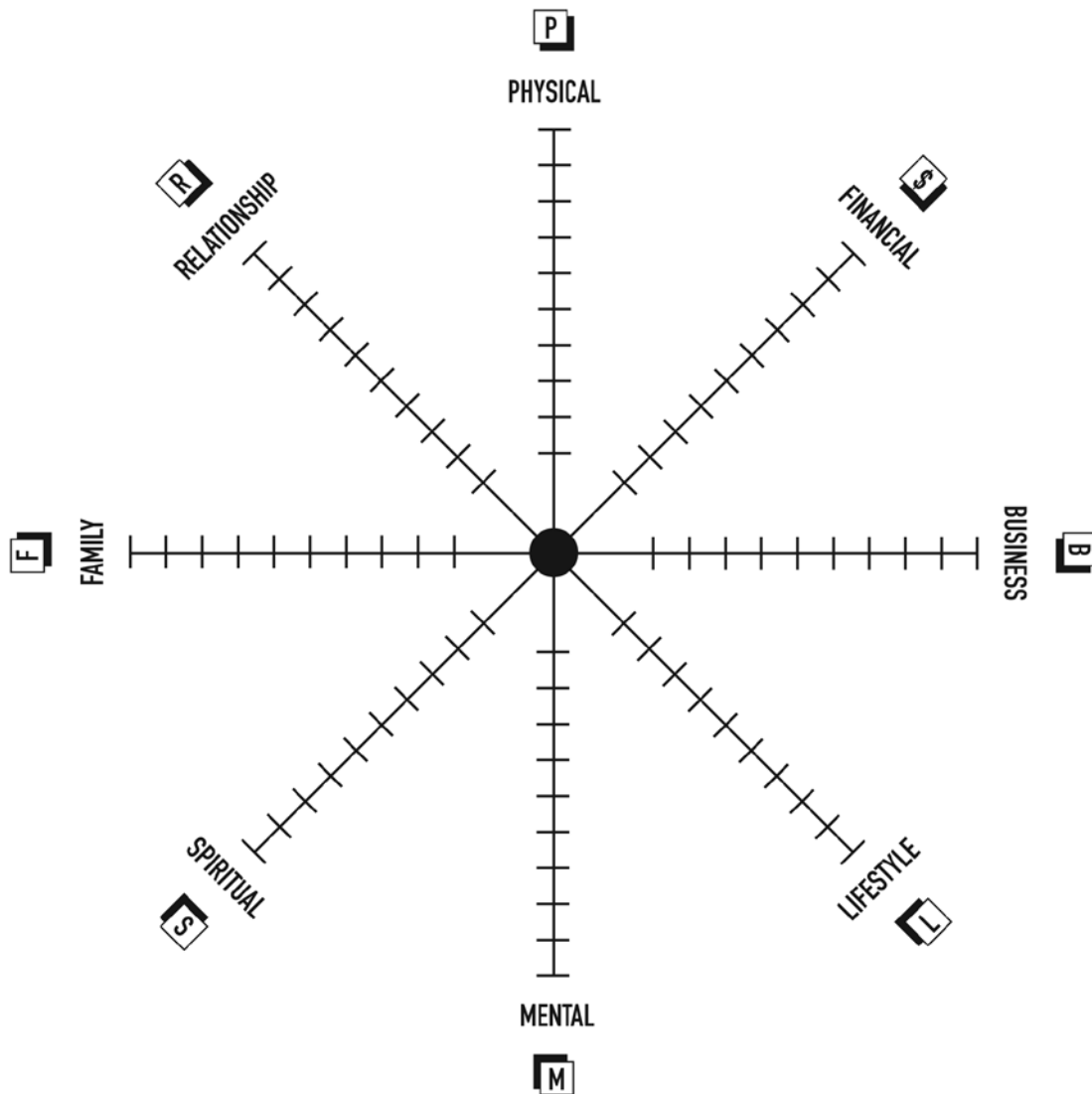
MENTAL	
I read something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I listen to something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I stay completely current with my industry news.	1 2 3 4 5
I seek instructional information in my field every day.	1 2 3 4 5
I have a mentor whom I trust.	1 2 3 4 5
All my friends are a positive influence in my life.	1 2 3 4 5
I never engage in gossip.	1 2 3 4 5
I review my major goals every day.	1 2 3 4 5
I review what I am grateful for every day.	1 2 3 4 5
I always say no to requests or obligations that don't fit my core values or objectives.	1 2 3 4 5
Total Score:	

LIFESTYLE	
I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	1 2 3 4 5
I attend cultural events (e.g., opera, museums, theatre) at least 2 times a month.	1 2 3 4 5
I vacation at least once a year with no work communications.	1 2 3 4 5
I spend as much time as I want with my family.	1 2 3 4 5
I spend as much time as I want with my friends.	1 2 3 4 5
I am constantly seeking adventure, trying something new and creating diverse experiences.	1 2 3 4 5
I feel like there is enough time in the day to do what I both need and want to do.	1 2 3 4 5
I live life to the fullest every day.	1 2 3 4 5
I take time out to daydream every day.	1 2 3 4 5
I am completely present in every moment of every day.	1 2 3 4 5
Total Score:	

THE WHEEL OF LIFE

To determine your current balance sheet of your life, take your scores from the previous pages and plot them on the wheel below. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

KEY: Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 = 9 notches. Score of 46-50 = 10 notches. Use the same score for both Family & Relationship line.



**The Wheel of Life is adapted from a concept employed by Success Motivation International[®], Inc.*

CORE VALUES ASSESSMENT

Your values are your GPS navigation system for life. Getting them defined and properly calibrated is one of the most important steps in redirecting your life toward your grandest vision. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life. Answer each question thoughtfully, and then I will help you select the top half-dozen values for your life.

Who is the person I respect most in life? What are their core values?

Who is my best friend, and what are his/her top three qualities?

If I could have more of any one quality instantly, what would it be?

What are three things I hate? (e.g., cruelty to animals, credit card companies, deforestation, etc.)

Which three people in the world do I dislike the most and why?

Which personality trait, attribute or quality do people compliment me on the most?

What are the three most important values I want to pass on to my children?

If I were to teach a graduating high-school class values that would give them the best opportunity for success in life, what would those be and why?

If I had enough money to retire tomorrow, what values would I continue to hold?

What values do I see being valid 100 years from now?

The top dozen qualities of the "ideal" man or woman:

Now take a look at your answers above. Do you notice any reoccurring themes? Taking what you've observed in others, what others have observed about you, what you want for others, and things you would fight for or against, create a list of your top 10 values (in any order) below.

Top 10 Values:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Now, let's reduce it down to the half-dozen most important to you. Put a star by the values you're sure about. Then take the ones you feel are important but aren't sure if they're top-six material and put them in pairs. Think about two of those values side by side, and ask yourself which of the two is more important, eliminating the other. Keep pitting the survivors against each other until you're down to six. If some of the values you listed are just two words describing the same idea, combine them.

Top 6 Values:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Now prioritize your core values in order of importance, with the most important first. All are important, of course, but which are the most important? If you had to choose between two values, which would you fight for, or even die defending? Now which are your top three?

MY TOP 3 VALUES IN LIFE ARE:

1. _____
2. _____
3. _____

Memory Jogger of Values

Abundance	Cheerfulness	Creativity	Expressiveness	Humility	Order	Responsibility
Acceptance	Clarity	Curiosity	Fairness	Humor	Organization	Righteousness
Accountability	Cleanliness	Daring	Faith	Imagination	Originality	Risk-taking
Accomplishment	Collaboration	Decisiveness	Fame	Independence	Outcome	Romance
Accuracy	Longevity	Delight	Family	Influence	orientation	Safety
Achievement	Love	Dependability	Fidelity	Ingenuity	Outstanding service	Security
Acknowledgement	Loyalty	Desire	Flexibility	Inner peace	Passion	Selflessness
Adaptability	Love	Determination	Flow	Innovation	Peace	Self-esteem
Adventure	Making a difference	Devotion	Focus	Insightfulness	Perceptiveness	Seriousness
Affection	Mastery	Dignity	Forgiveness	Inspiration	Perseverance	Service
Aggressiveness	Maturity	Diligence	Fortitude	Integrity	Persistence	Simplicity
Agility	Comfort	Discipline	Freedom	Intelligence	Personal growth	Sincerity
Alertness	Commitment	Discovery	Friendship	Intensity	Pleasure	Skill
Ambition	Communication	Discretion	Frugality	Intimacy	Poise	Speed
Anticipation	Community	Diversity	Fun	Intuitiveness	Positive attitude	Spirit
Appreciation	Compassion	Drive	Generosity	Inventiveness	Power	Stability
Assertiveness	Competence	Duty	Giving	Investing	Practicality	Strength
Attentiveness	Competition	Eagerness	Going the extra	Joy	Precision	Style
Audacity	Concentration	Education	mile	Justice	Preparedness	Systemization
Awareness	Confidence	Effectiveness	Goodness	Kindness	Presence	Teamwork
Balance	Connection	Efficiency	Grace	Knowledge	Preservation	Timeliness
Beauty	Consciousness	Elation	Gratitude	Leadership	Privacy	Tolerance
Belonging	Consistency	Elegance	Growth	Learning	Proactivity	Tradition
Blissfulness	Contentment	Empathy	Guidance	Liberty	Progress	Tranquility
Boldness	Content over fluff	Encouragement	Happiness	Logic	Prosperity	Trust
Bravery	Continuity	Endurance	Harmony	Meaning	Punctuality	Truth
Brilliance	Continuous	Energy	Hard work	Merit	Quality	Unity
Calm	Improvement	Enjoyment	Health	Mindfulness	Quiet	Variety
Candor	Contribution	Enthusiasm	Helpfulness	Modesty	Rationality	Well-being
Carefulness	Control	Equality	Heroism	Money	Recognition	Wisdom
Caring	Conviction	Excellence	Holiness	Motivation	Relationships	
Certainty	Convincing	Excitement	Honesty	Nonviolence	Reliability	
Challenge	Cooperation	Experience	Honor	Openness	Religion	
Change	Courage	Expertise	Hopefulness	Opportunity	Resourcefulness	
Charity	Courtesy	Exploration	Hospitality	Optimism	Respect	



Wellness Calendar



















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<p>EAT A SALAD FOR LUNCH</p> 	<p>GET 8 HOURS OF SLEEP</p> 	<p>EXERCISE FOR 30 MINUTES</p> 	<p>DRINK 3 8 OZ. GLASSES OF WATER</p> 	<p>POSITIVE AFFIRMATIONS</p> <p>See List</p>
<p>SPEND 30 MINUTES IN NATURE</p> 	<p>PRACTICE GUIDED MEDITATION FOR 15 MINUTES</p>	<p>READ IN A BOOK OR MAGAZINE</p> 	<p>EAT A HEALTHY BREAKFAST</p> 	<p>EAT 3 SERVINGS OF FRUITS/VEGETABLES</p> 
<p>TAKE A WALK</p> 	<p>WRITE A LIST OF WHAT YOU ARE GRATEFUL FOR (JOURNAL)</p>	<p>ATTEND A WORKOUT CLASS</p>	<p>SEND A CARD TO A FRIEND</p> 	<p>EAT A SALAD FOR LUNCH</p> 
<p>DRINK (3) 8 OZ. GLASSES OF WATER</p> 	<p>POSITIVE AFFIRMATIONS</p> <p>See List</p>	<p>PRACTICE GUIDED MEDITATION FOR 15 MINUTES</p>	<p>DO SOMETHING YOU LOVE!!</p> 	<p>GET 8 HOURS OF SLEEP</p> 
<p>ATTEND A WORKOUT CLASS</p>	<p>EAT 3 SERVINGS OF FRUITS/VEGETABLES</p> 	<p>EAT A HEALTHY-BREAKFAST</p> 	<p>TAKE A WALK</p> 	<p>PLAN FOR THE FUTURE</p> 

Adverse Childhood Experience (ACE) Questionnaire

Finding your ACE Score ra hbr 10 24 06

While you were growing up, during your first 18 years of life:

1. Did a parent or other adult in the household **often** ...
Swear at you, insult you, put you down, or humiliate you?
or
Act in a way that made you afraid that you might be physically hurt?
Yes No If yes enter 1 _____
2. Did a parent or other adult in the household **often** ...
Push, grab, slap, or throw something at you?
or
Ever hit you so hard that you had marks or were injured?
Yes No If yes enter 1 _____
3. Did an adult or person at least 5 years older than you **ever**...
Touch or fondle you or have you touch their body in a sexual way?
or
Try to or actually have oral, anal, or vaginal sex with you?
Yes No If yes enter 1 _____
4. Did you **often** feel that ...
No one in your family loved you or thought you were important or special?
or
Your family didn't look out for each other, feel close to each other, or support each other?
Yes No If yes enter 1 _____
5. Did you **often** feel that ...
You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you?
or
Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?
Yes No If yes enter 1 _____
6. Were your parents **ever** separated or divorced?
Yes No If yes enter 1 _____
7. Was your mother or stepmother:
Often pushed, grabbed, slapped, or had something thrown at her?
or
Sometimes or often kicked, bitten, hit with a fist, or hit with something hard?
or
Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?
Yes No If yes enter 1 _____
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
Yes No If yes enter 1 _____
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
Yes No If yes enter 1 _____
10. Did a household member go to prison?
Yes No If yes enter 1 _____

Now add up your "Yes" answers: _____ This is your ACE Score

Trauma-Informed Care: Parallel Skill Development

<i>TIC Skills</i>	<i>Staff Self-Awareness</i>	<i>Partnering with Others</i>	<i>Why is this important?</i>
Feelings' Identification & Validation	<ul style="list-style-type: none"> I know when I am feeling tired, angry, sad, frightened, etc. I can read non-verbal emotional cues, e.g., eye contact, facial expression, tone of voice, body posture, movement and gestures, rhythm and rate of voice. 	<ul style="list-style-type: none"> I am able to verbally reflect other's emotional state. "It sounds like you feel very angry about this." After reflecting feelings, I am able to validate the emotion. "You had to wait three days for me to return your call, and your question was really important to you. I understand why you're mad about this." 	People who have experienced adverse childhood events, particularly at the hands of a significant caregiver, were given contradictory messages, dismissed, ignored, silenced, abandoned, blamed, shamed, told they had no rights to feel, etc. You have repeated opportunities to offer corrective experiences.
Feelings' Regulation	<ul style="list-style-type: none"> When I start to feel overwhelmed, I know how to bring myself back to emotional balance. 	<ul style="list-style-type: none"> I am equipped to engage with others who are experiencing overwhelming feelings and am able to help them manage these feelings. I am aware of GROUNDING strategies (e.g., focus on breathing, sensory strategies, redirecting attention). 	A significant outcome of having an overwhelmed nervous system is emotional dysregulation. People who did not experience the mutual dance of regulation with their caregiver during developmental years, often need to learn these skills as adults.
Understanding the Stress Response	<ul style="list-style-type: none"> I can identify my typical response to overwhelming stress. I catch myself when I become overwhelmed, e.g., more frustrated, controlling, punitive, reactive, less thoughtful. 	<ul style="list-style-type: none"> I can provide others with a general introduction to the stress response, including basic information about how overwhelming stress may impact the nervous system. 	The nervous system's most important function is to keep us alive by alerting us to danger. Many people are under and/or over responsive to even the slightest perception of danger. Behaviors may include violence, running away, self-abuse or shutting down.
Identifying and Managing Triggers	<ul style="list-style-type: none"> I am aware of my triggers. I have made a list of my triggers and have created a plan to develop skills that will help me deal with these stress reactions. 	<ul style="list-style-type: none"> I can explain the concept of 'triggers' and am able to assist others in developing a plan to respond to these reactions and to reduce exposure when possible. 	The brain holds onto sights, sounds, smells, feelings, activities and body sensations from original traumatic events. These are survival based memories and can lead to seemingly inexplicable reactions.



Reframing Symptoms / Problem Behaviors as Coping Strategies	<ul style="list-style-type: none"> I have examined many of my 'problem' behaviors, (e.g., procrastination, alcohol use, over-eating, TV escapism, smoking) and see how they might be viewed as coping strategies. 	<ul style="list-style-type: none"> I think about troubling behavior through a lens of curiosity: <ul style="list-style-type: none"> 'how does this behavior make sense?' 'how might this behavior serve the person?' 'what might have happened to this person to make this a logical response?' 	<p>For some people, the price of living through adversity includes anxiety, numbness, overwhelming feeling states, restlessness, amnesia, flashbacks, nightmares, etc. There can be many 'problem behaviors' that are actually solutions to the above feelings. One example is using stimulants to up-regulate or depressants to down-regulate.</p>
Responding to Trauma Disclosures	<ul style="list-style-type: none"> I have completed an ACE screen. I am comfortable talking about my past, including those things that might be considered traumatizing. I would be willing to see a therapist trained in trauma specific interventions if the situation came up. 	<ul style="list-style-type: none"> I am able to hear others talk about emotionally painful events without becoming overwhelmed by my own feelings. I am able to respond to disclosures with compassion and do not respond by trying to 'fix' the person or insist that they see a therapist. I am aware of therapists who have been trained to provide trauma specific therapy. 	<p>Many events that cause trauma are highly stigmatizing. People become accustomed to keeping secrets believing they were somehow to blame; or that if others knew what had happened, the victim would be judged as culpable or damaged. Having one's story heard by someone who is supportive, compassionate and willing to listen can be a very healing experience.</p>
Use of Open and Respectful Communication	<ul style="list-style-type: none"> I have compassion for myself even when I make mistakes. I listen with compassion. I strive to fuel connection & hope vs. isolation & anger. I avoid language that induces fear, guilt & shame. 	<ul style="list-style-type: none"> I use non-judgmental/non-shaming language, ex: 'she's having a hard time getting her needs met' vs. 'she's manipulative and attention seeking' I use person first language, ex: 'person who cuts himself' vs. 'cutter' I use motivational interviewing techniques. 	<p>Many trauma experiences are dehumanizing, leaving people feeling shame and internalized judgment. Judgmental or 'clinical' language may reinforce these beliefs. This language also allows staff to put clients in an 'other' category, ex: 'this person is very different from me.' This type of distance may prohibit the formation of a therapeutic/healing relationship.</p>



Setting Appropriate Boundaries	<ul style="list-style-type: none"> • I mean it when I say ‘yes’ and ‘no.’ • I know my ‘uh oh’ or warning signals of ‘danger ahead.’ • I know and acknowledge when my boundaries have been violated or when I violate the boundaries of others. • I don’t talk disparagingly about other people and instead go directly to that person when I have a problem. 	<ul style="list-style-type: none"> • I inform clients about the extent and limits of confidentiality. • I don’t talk to clients about other clients. • I understand why clients may not initially want to share information. • When I ‘vent’ about feelings towards a client with other staff, I do so respectfully and focus on my reactions vs. the client’s behavior. 	<p>People with histories of interpersonal trauma have had physical and/or emotional boundaries violated. People who were supposed to be trustworthy may have committed incomprehensible acts. People may respond in a variety of ways, e.g., set no boundaries, set very rigid boundaries, isolate.</p>
Appreciation	<ul style="list-style-type: none"> • I have a regular practice of ‘appreciation’ which helps to balance my nervous system and promotes hope in the face of hardship. 	<ul style="list-style-type: none"> • I don’t force false hope on the people I work with, but I use opportunities to point out strengths, what is going well and the person’s capacity to cope. 	<p>The survival brain becomes preoccupied with pain & danger but can be distracted when redirected and reminded of pleasure, fun, security, belonging, joy, beauty, humor, etc.</p>
Reason for Being	<ul style="list-style-type: none"> • I have a deep connection to things that are important to me. • Most of the time, I believe my life has purpose and meaning. 	<ul style="list-style-type: none"> • I am able to talk to other people about what makes them unique and to help them connect with activities that promote a sense of hope and value. 	<p>People who live with an onslaught of pain and loss begin to question life’s meaning. Life appears hopeless, disconnected and without purpose.</p>
Self-Soothing & Stress Management	<ul style="list-style-type: none"> • I have a self-care / WRAP plan. • My supervisor provides me with opportunities to discuss the emotions connected to my job. • I take time away from work to connect with friends, family and meaningful activities. 	<ul style="list-style-type: none"> • I understand the people who live with a history of complex trauma may have become accustomed to a high level of drama and that changing this pattern may take time and patience. • I can help others create a self-care/ wellness/WRAP plan. 	<p>It is extremely difficult to change habitual ways of dealing with stress. During a crisis, people revert to old ways of coping; pre-identified, accessible tools are necessary to change old patterns.</p>

