

1. Spirituality

Creativity, order, connection

Okay	Needs Work	Needs Help
<input type="checkbox"/> Enjoy worship <input type="checkbox"/> Happy with fellowship <input type="checkbox"/> Happy with spiritual expression <input type="checkbox"/> Able to give and receive love <input type="checkbox"/> Appreciating beauty <input type="checkbox"/> Creative <input type="checkbox"/> Comfortable with your place in world <input type="checkbox"/> Connected, peaceful	<input type="checkbox"/> Less tolerant of different beliefs <input type="checkbox"/> Feeling distant from God; want to get closer <input type="checkbox"/> Don't know how to love or feel loved <input type="checkbox"/> Feeling distant from others <input type="checkbox"/> Struggling to understand others <input type="checkbox"/> Not sure where you fit in <input type="checkbox"/> Something's missing	<input type="checkbox"/> No reverence for anything outside self <input type="checkbox"/> Alone and wandering aimlessly <input type="checkbox"/> Spiritually empty <input type="checkbox"/> Don't care about others <input type="checkbox"/> Nothing seems important <input type="checkbox"/> Feel powerless to change life <input type="checkbox"/> Out of touch <input type="checkbox"/> Loss of purpose <input type="checkbox"/> Lacking a "moral compass"

2. Emotional/Mental/Physical Health

Fitness, wellness, self-esteem, control

Okay	Needs Work	Needs Help
<input type="checkbox"/> Sleeping well <input type="checkbox"/> No bad nightmares <input type="checkbox"/> Working out regularly <input type="checkbox"/> Good nutrition <input type="checkbox"/> Good energy level <input type="checkbox"/> Good emotional control <input type="checkbox"/> Able to enjoy life <input type="checkbox"/> Not troubled by memories <input type="checkbox"/> Feeling good about self	<input type="checkbox"/> Trouble getting to sleep <input type="checkbox"/> Keep waking up <input type="checkbox"/> Out of shape <input type="checkbox"/> Eating too much or too little <input type="checkbox"/> Loss of interest in life <input type="checkbox"/> Feeling anxious or worried <input type="checkbox"/> Feeling irritable <input type="checkbox"/> Painful memories <input type="checkbox"/> Feeling guilty	<input type="checkbox"/> Can't sleep enough <input type="checkbox"/> Repeated disturbing thoughts <input type="checkbox"/> Trouble pushing memories out of mind <input type="checkbox"/> Panic attacks (heart pounding, shaking) <input type="checkbox"/> Rage outbursts <input type="checkbox"/> Depressed mood <input type="checkbox"/> Keep blaming self <input type="checkbox"/> Thoughts of suicide or homicide

3. Relationships

Spouse, significant other, family, friends

Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Good communication <input type="checkbox"/> Feeling close <input type="checkbox"/> Looking forward to seeing <input type="checkbox"/> Cooperating well <input type="checkbox"/> Playing well <input type="checkbox"/> Good sex <input type="checkbox"/> Good conversation <input type="checkbox"/> Affection <input type="checkbox"/> Openness <input type="checkbox"/> Responsiveness 	<ul style="list-style-type: none"> <input type="checkbox"/> Trouble communicating <input type="checkbox"/> Occasional fights and disagreements <input type="checkbox"/> Uncomfortable being together <input type="checkbox"/> Not having fun <input type="checkbox"/> Staying apart <input type="checkbox"/> Difficult or rare sex <input type="checkbox"/> Complaints from partner <input type="checkbox"/> Ambivalence <input type="checkbox"/> Guardedness 	<ul style="list-style-type: none"> <input type="checkbox"/> Poor comm. <input type="checkbox"/> Frequent fighting <input type="checkbox"/> Dreading contact <input type="checkbox"/> Emotional coldness <input type="checkbox"/> No sex <input type="checkbox"/> Irresolvable conflict <input type="checkbox"/> Criticism <input type="checkbox"/> Contempt <input type="checkbox"/> Defensiveness <input type="checkbox"/> Emotionally numb <input type="checkbox"/> Thoughts of hurting others or self

4. Roles in Life

Leader, coach, parishioner, citizen, provider

Okay	Needs Work	Needs Help
<ul style="list-style-type: none"> <input type="checkbox"/> Comfortable in roles <input type="checkbox"/> Meeting your own expectations in roles <input type="checkbox"/> Able to balance competing demands <input type="checkbox"/> Fulfilled <input type="checkbox"/> Energized 	<ul style="list-style-type: none"> <input type="checkbox"/> Some strain in roles <input type="checkbox"/> Not meeting own expectations in roles <input type="checkbox"/> Not able to fit the pieces together <input type="checkbox"/> Out of balance <input type="checkbox"/> Pressured <input type="checkbox"/> Drained 	<ul style="list-style-type: none"> <input type="checkbox"/> Pulled apart <input type="checkbox"/> Too many demands <input type="checkbox"/> Tension between roles <input type="checkbox"/> Serious conflict with others over roles <input type="checkbox"/> Exhausted

5. Public Behavior

Driving, waiting, dealing with public, patience

Okay	Needs Work	Needs Help
<input type="checkbox"/> Comfortable in public <input type="checkbox"/> Appropriate in public <input type="checkbox"/> Good and careful driver <input type="checkbox"/> Patient in frustrating situations <input type="checkbox"/> Calm, even with rude people <input type="checkbox"/> Friendly <input type="checkbox"/> No police involvement	<input type="checkbox"/> Avoiding going out in public <input type="checkbox"/> Suspicious of strangers <input type="checkbox"/> Absent minded <input type="checkbox"/> Getting frustrated easily <input type="checkbox"/> Impatient <input type="checkbox"/> Occasionally angry or irritable <input type="checkbox"/> Driving too fast <input type="checkbox"/> Driving recklessly	<input type="checkbox"/> Paranoid in public <input type="checkbox"/> Road rage <input type="checkbox"/> Picking fights <input type="checkbox"/> Rage outbursts in public <input type="checkbox"/> Panic attacks in public <input type="checkbox"/> Persistent hyperactive startle responses <input type="checkbox"/> Arrests

6. Work Function

Shop, supervisors, goals, promotion, rewards

Okay	Needs Work	Needs Help
<input type="checkbox"/> Achieving <input type="checkbox"/> Feeling like a team <input type="checkbox"/> Mentoring subordinates <input type="checkbox"/> Getting rewarded <input type="checkbox"/> Career goals progressing <input type="checkbox"/> Job satisfaction <input type="checkbox"/> Enjoying going to work <input type="checkbox"/> Respected by subordinates	<input type="checkbox"/> Cutting corners <input type="checkbox"/> Needing a lot of supervision <input type="checkbox"/> Animosity toward peers or leaders <input type="checkbox"/> Being apathetic or unmotivated <input type="checkbox"/> Unrewarding <input type="checkbox"/> Stagnating <input type="checkbox"/> Indifferent	<input type="checkbox"/> No respect for self or others <input type="checkbox"/> Defying authority <input type="checkbox"/> Being a tyrant to subordinates <input type="checkbox"/> Hostile environment <input type="checkbox"/> Disorganized/lack of leadership <input type="checkbox"/> Held back <input type="checkbox"/> Unsupported <input type="checkbox"/> Abandoned <input type="checkbox"/> Abused

7. Money and Finances

Budget, purchases, credit, bills, savings

Okay	Needs Work	Needs Help
<input type="checkbox"/> Saving money <input type="checkbox"/> Bills paid up to date <input type="checkbox"/> Keeping to budget <input type="checkbox"/> Debt under control <input type="checkbox"/> Working a financial plan <input type="checkbox"/> Spending in sync with spouse	<input type="checkbox"/> Minimal savings <input type="checkbox"/> Bills past due <input type="checkbox"/> Financial worries <input type="checkbox"/> Uncomfortable debt <input type="checkbox"/> Vague financial plan <input type="checkbox"/> Conflict with spouse over spending	<input type="checkbox"/> No savings <input type="checkbox"/> Collection notices <input type="checkbox"/> Major financial stress <input type="checkbox"/> Large debt load <input type="checkbox"/> Creditors contacting command <input type="checkbox"/> Total disagreement over spending <input type="checkbox"/> Financial trouble

8. Substance Use/Abuse

Tobacco, alcohol, drugs, sugars, fats

Okay	Needs Work	Needs Help
<input type="checkbox"/> Good control over intake of alcohol <input type="checkbox"/> Not tempted to use drugs <input type="checkbox"/> Not smoking chewing more <input type="checkbox"/> Nobody who knows you thinks you are abusing	<input type="checkbox"/> Others express concern over drinking <input type="checkbox"/> Got drunk when didn't intend to <input type="checkbox"/> Use alcohol to get to sleep <input type="checkbox"/> Drinking is getting in the way <input type="checkbox"/> Smoking or chewing more	<input type="checkbox"/> Anger when others complain about drinking <input type="checkbox"/> Lying to keep drinking <input type="checkbox"/> Hiding drinking <input type="checkbox"/> Harm to life from alcohol <input type="checkbox"/> Using illegal drugs <input type="checkbox"/> Blackouts <input type="checkbox"/> Frequent drinking to intoxication