

# ***STRATEGIA***

## **Personal Assessment (Quick Version)**

The Self Assessment (SA) is a tool which can be used to help you zero in on the events which make up your life. It can help you gain clarity, and judge whether your life's activities are clearly focused on where you want to go. In completing the SA, you respond to a series of statements to help you evaluate the key factors which have a major influence on your life.

### **The First Step**

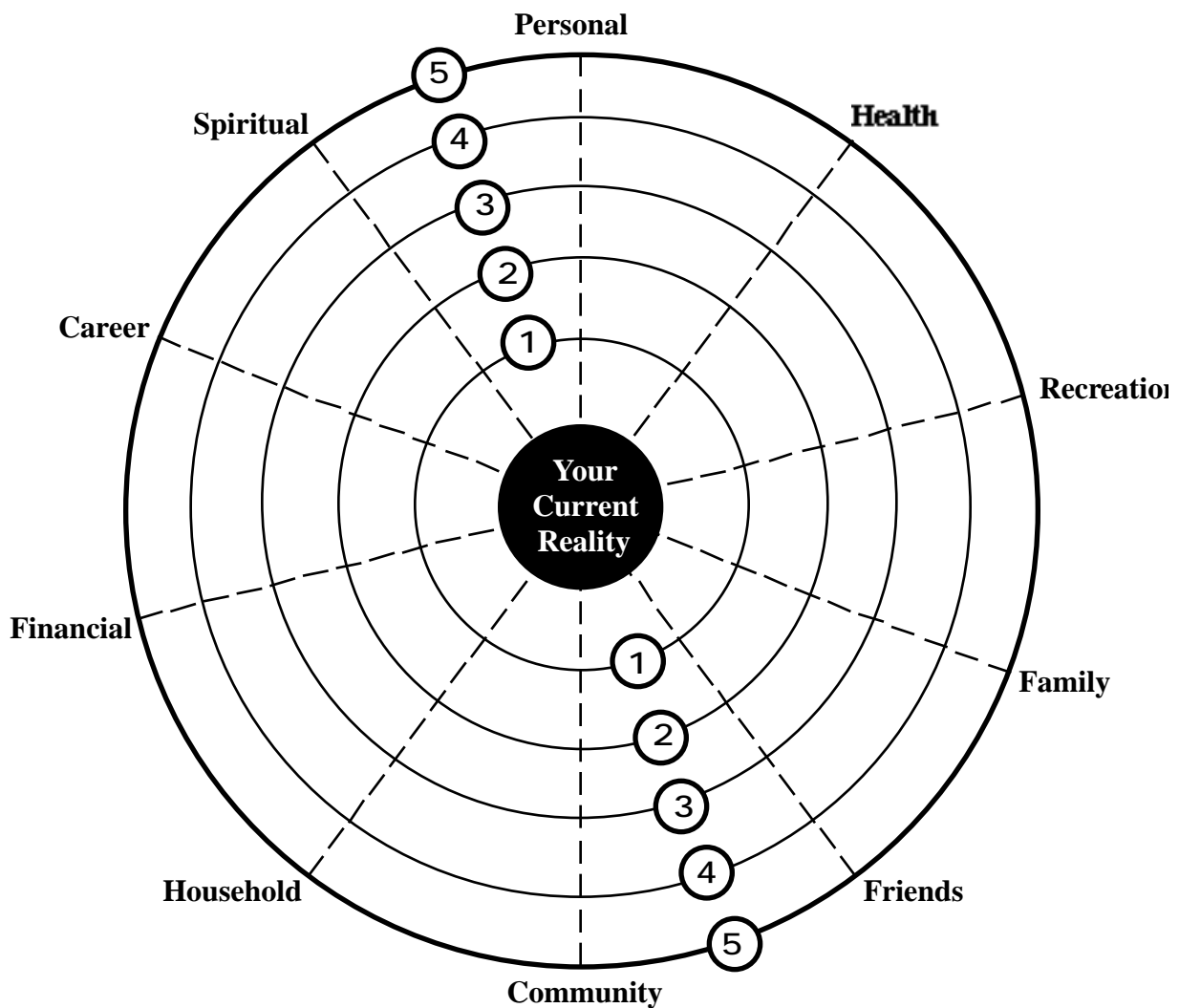
Directions: Read each of the statements carefully and, using your best judgment, circle the number which indicates where you feel you stand. Use the following scoring key:

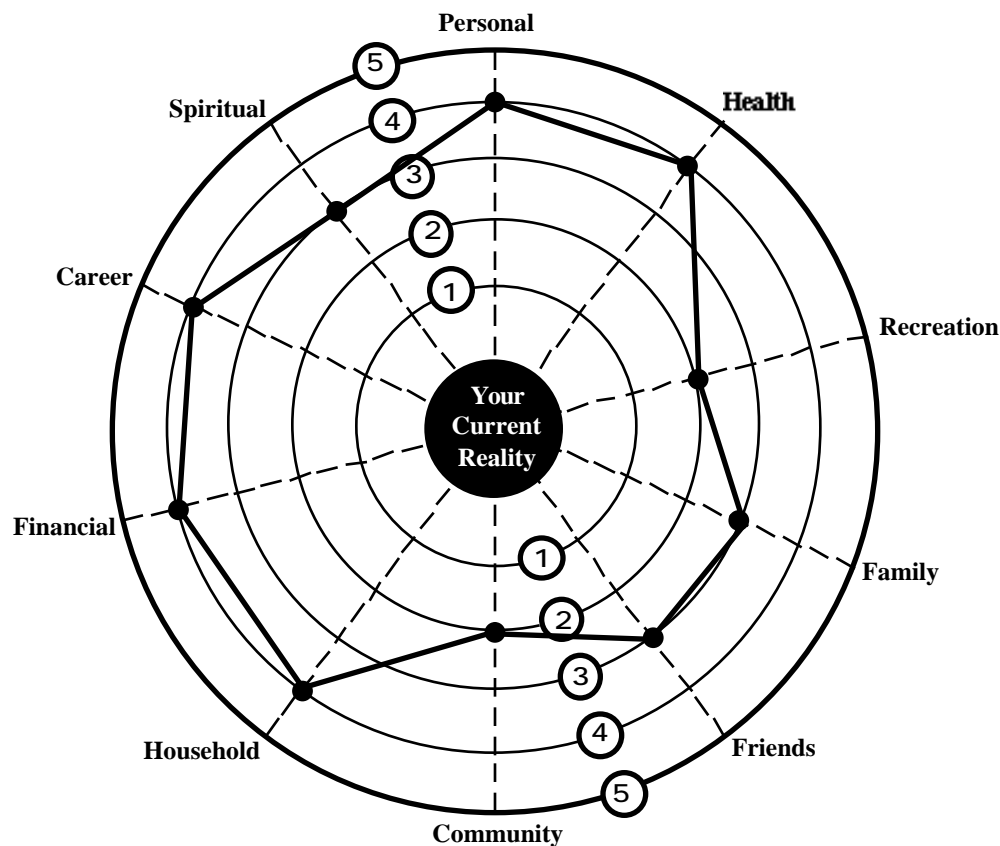
<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Neutral</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>Does Not Apply</b>			
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>N/A</b>			
PERSONAL: I accept full responsibility for the choices I make in my life.				1	2	3	4	5
HEALTH: I have abundant energy and good health.				1	2	3	4	5
RECREATION: I do fun things on a regular basis to strike a balance between work and play.				1	2	3	4	5
FAMILY: I schedule and spend quality time with each of my family members.				1	2	3	4	5
FRIENDS: I have really good lifelong friends.				1	2	3	4	5
COMMUNITY: I am happy with the quantity and quality of my commitment to serve others for a better society.				1	2	3	4	5
HOUSEHOLD: My home really exemplifies and expresses the best aspects of who I am.				1	2	3	4	5
FINANCIAL: I have specific financial goals for the future that I am committed to achieve.				1	2	3	4	5
CAREER: My career is challenging and rewarding, both financially and psychologically.				1	2	3	4	5
SPIRITUAL: I am satisfied with the direction and growth of my spiritual life: What I believe matches how I live.				1	2	3	4	5

## The Second Step

Now, plot your scores on the dotted lines of the circular graph below. Connect all the dots beginning with **Personal**, going clockwise through to **Spiritual**. This is your own life circle as it is today. It will give you an overall picture of your current reality; which areas of your life are most in balance, and where the weak links are in your life.

When complete, it should look something like Example 1 on the following page.





SA Wheel Example 1

### What the Assessment Can Tell You

The Self Assessment gives you a quick “snapshot” of your life-- from your standpoint. It can help identify where things are on track and going well, and where they're not.

It can also provide insight into why things may not be everything they should be. Here’s a couple of general points to keep in mind as you review your SA Wheel:

- The more uniform your scores are around the wheel, the more smoothly your life will tend to function day to day.
- The higher the score for each of the factors around the wheel, the more of your personal potential can be realized. This ultimately leads to you getting more of what you want.
- Sharp dips or "flat tires" in your wheel suggest areas that may need your attention, opportunities where you can make improvements in your life. Or they may signal areas that are not important to you, but this is a decision only you can make.

It is helpful to repeat this assessment periodically, to help identify when today's strengths slip into tomorrow's weakness. Therefore, you can refocus your efforts.

This assessment is an abbreviated form of the one used in our personal development publication, **Living on Purpose**.

## **What Next?**

If you find that your life is everything you expect, then this assessment will help you identify the key factors which help it work well. It can also point out sources of potential problems which -- if left unchecked -- could derail you from your chosen course.

On the other hand, if your life isn't giving you everything you want, this exercise can help you pinpoint specific areas that contribute to this fact. What to do about them is strictly up to you.

If you would like to explore this topic further, or if you would like to understand more about how Strategia's personal planning technologies could help you get more of what you want from what you do, there are more resources and information at our Internet site at:

<http://www.StrategiaOnline.com>

If you would like to find additional reading on the subject, click "Strategia Publications" from our Home Page. Or, if you'd like to learn more about how Strategia's planning tools, seminars and presentations could be used in your business, you can e-mail us from the Home Page.

We wish you the best of everything in your life's endeavors.

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