

The Defined Life Self-Assessment Tool

Welcome to the Defined Life Self-Assessment Tool, a powerful yet simple instrument designed to help you gain insights into various aspects of your life. By evaluating 12 key categories of Defined Life Balance, this tool offers a comprehensive snapshot of your well-being, allowing you to recognize areas of strength and opportunities for growth.

How to Use the Defined Life Wheel

Print out and use this assessment tool (page 3) weekly.

The Defined Life Wheel is a circular diagram divided into 12 segments, each representing a vital category of life.

For each category, rate yourself on a scale of 1 to 10, with 1 being the least satisfied or healthy, and 10 being the most satisfied or healthy.

Mark Your Scores: On the radial lines of the wheel, mark your scores for each category. The center of the wheel represents a score of 1, and the outer edge represents a score of 10.

Connect the Marks: Draw lines to connect your marks for each category, forming a shape within the wheel. This shape visualizes your life balance.

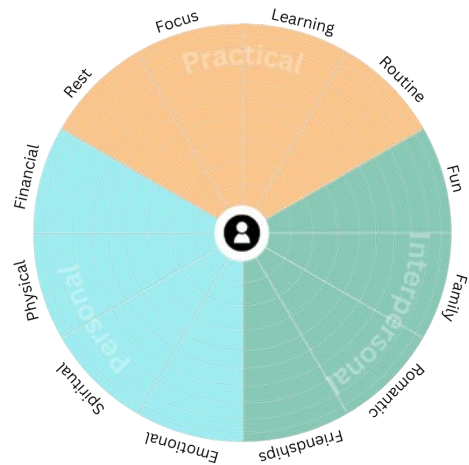
Identify Your Mood: Select any of the 24 moods that best describe how you feel at the moment. This mood identifier adds context to your assessment.

Define Your Day

Use this assessment process regularly to observe your progress in your Defined Life.

When using your planner, do not skip any steps! Our daily process is carefully designed to help you sharpen your focused attention while improving your mindset.

By developing the habit of returning to your Defined Life or Define My Day Planner, you will define your most fulfilled life.



Defined Life Categories

Rest: Rate your satisfaction with your sleep and relaxation habits, with 1 being inadequate rest and 10 being fully rejuvenated and well-rested.

Focus: Assess your ability to concentrate on tasks and goals, with 1 indicating constant distraction and 10 representing complete focus and clarity.

Learning: Evaluate your commitment to personal growth and learning, with 1 being stagnant and uninterested, and 10 being actively engaged in continuous learning.

Routine: Rate the effectiveness and satisfaction of your daily routines, with 1 being chaotic and disorganized, and 10 being well-structured and fulfilling.

Fun: Assess your engagement in enjoyable activities and hobbies, with 1 being no time for fun, and 10 being a balanced and satisfying enjoyment of life.

Family: Evaluate the quality of your family relationships, with 1 being strained and disconnected, and 10 being loving, supportive, and close-knit.

Romantic: Rate your satisfaction in romantic relationships, with 1 being unfulfilled or troubled, and 10 being deeply connected and content.

Friendships: Assess the quality of your friendships, with 1 being isolated or unsatisfying, and 10 being surrounded by supportive and meaningful connections.

Emotional: Evaluate your emotional well-being and stability, with 1 being frequently overwhelmed, and 10 being emotionally balanced and resilient.

Spiritual: Rate your spiritual or philosophical alignment and growth, with 1 being disconnected or confused, and 10 being aligned and fulfilled spiritually.

Physical: Assess your physical health, including fitness and diet, with 1 being unhealthy or inactive, and 10 being in optimal physical condition.

Financial: Evaluate your financial stability and management, with 1 being stressed or mismanaged, and 10 being financially secure and well-planned.

What to Do with the Information

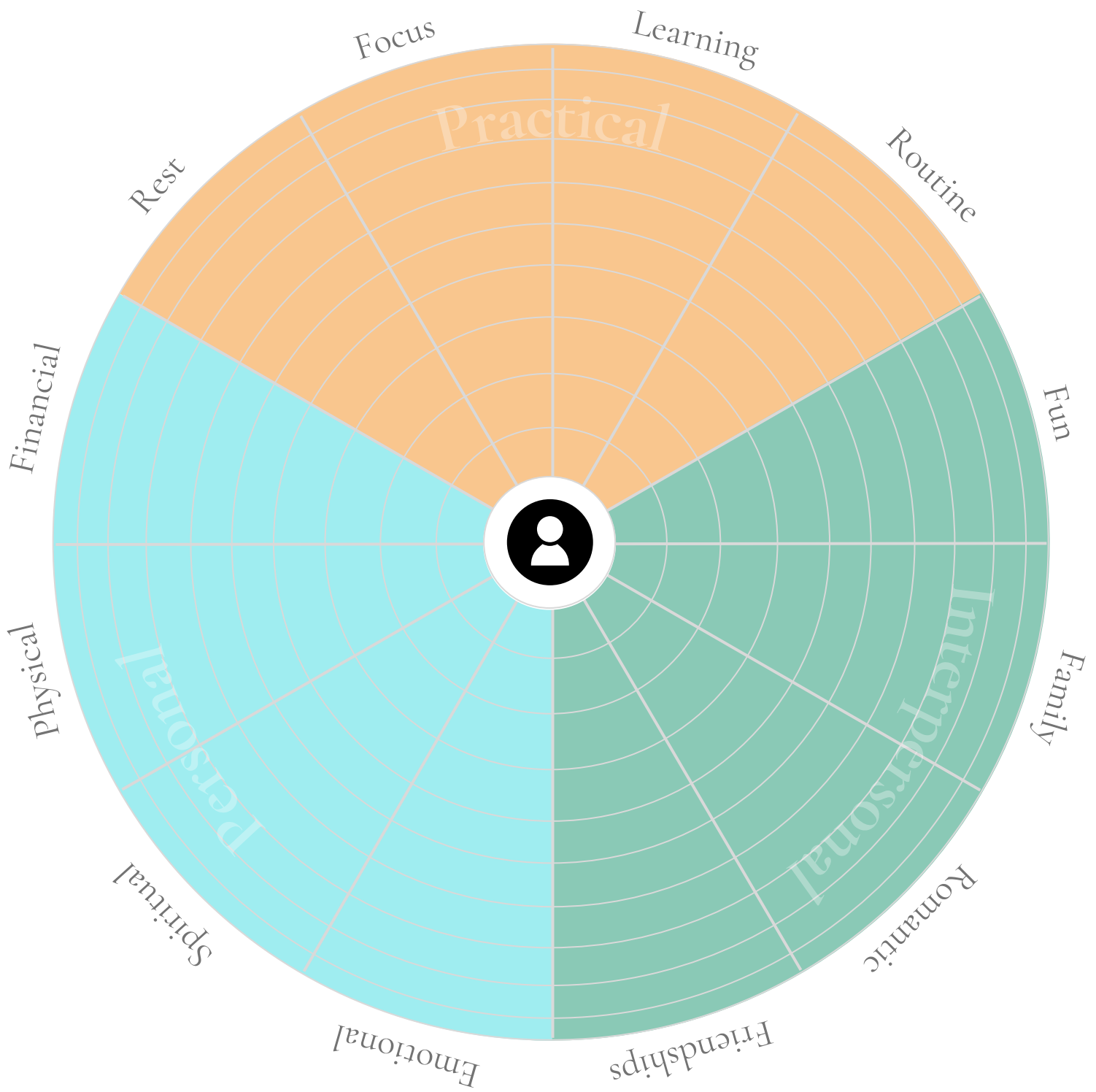
The insights gained from this self-assessment are valuable tools for personal growth:

Set Goals: Use the information to set specific, achievable goals in areas where you'd like to improve.

Create Action Plans: Utilize Define My Day each morning to plan focused action.

Monitor Progress: Revisit this tool regularly to track your progress and make necessary adjustments.

The Defined Life Self-Assessment Tool is more than just an exercise; it's a pathway to understanding yourself better and creating a life that aligns with your values and aspirations. Embrace this opportunity to reflect, grow, and thrive.



My mood today is...

- | | | |
|---------------------------------|-----------------------------------|----------------------------------|
| <input type="radio"/> Calm | <input type="radio"/> Rested | <input type="radio"/> Creative |
| <input type="radio"/> Happy | <input type="radio"/> Angry | <input type="radio"/> Sad |
| <input type="radio"/> Depressed | <input type="radio"/> Loved | <input type="radio"/> Lonely |
| <input type="radio"/> Motivated | <input type="radio"/> Indifferent | <input type="radio"/> Optimistic |
| <input type="radio"/> Anxious | <input type="radio"/> Playful | <input type="radio"/> |