



LifeScore



1 = Weak.....5 = Strong

- 1} 1....2....3....4....5 — I live with purpose and hold my work/home performance to a high standard?
- 2} 1....2....3....4....5 — I practice sound nutritional habits and I exercise 3-5x per week?
- 3} 1....2....3....4....5 — I am able to adapt quickly, be flexible and initiate change when appropriate?
- 4} 1....2....3....4....5 — I am passionate about mastering the necessary skills to be a high performer in my craft?
- 5} 1....2....3....4....5 — I utilize time wisely so that I am in control of life rather than life controlling me?
- 6} 1....2....3....4....5 — I seek to establish healthy environments at home/work (healthy relationships)?
- 7} 1....2....3....4....5 — I attack growth and constantly look for ways to improve on my performance?
- 8} 1....2....3....4....5 — I am courageous and willing to takes calculated risks in my efforts to succeed?
- 9} 1....2....3....4....5 — I represent core principles thus possessing an extraordinary influence with others?
- 10} 1....2....3....4....5 — I live with clarity and have a vision of where I want to be in 5 years?
- 11} 1....2....3....4....5 — I will stay-the-course to ensure achievement even in the most difficult situations?
- 12} 1....2....3....4....5 — I have developed dynamic communication skills, especially empathetic listening?
- 13} 1....2....3....4....5 — I create energy and happiness and rarely complain about my duties and requirements?
- 14} 1....2....3....4....5 — I embrace feedback, seek advice from others and learn from my mistakes?
- 15} 1....2....3....4....5 — I am seriously proactive by constantly planning, preparing & preventing?
- 16} 1....2....3....4....5 — I rise above challenging situations & life’s obstacles rather than blaming circumstances?
- 17} 1....2....3....4....5 — I counter stress with relaxation skills; meditation, journaling, stretching, yoga, etc.?
- 18} 1....2....3....4....5 — I am trustworthy in meeting my obligations as I “do what I say I am going to do?”
- 19} 1....2....3....4....5 — I am intrinsically driven and do not rely upon external rewards to pursue my goals?
- 20} 1....2....3....4....5 — I **believe** in my abilities to become an ultimate high performer at work/home?

_____ Total LifeScore (out of 100)