1. **Rate your satisfaction** **in the following areas:**

**(1) Wellness**  Poor---------Average----------Great! Comments:

 **Mind:**

* Ability to manage stress: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_ 4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Mindfulness/ Meditation: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Spirituality: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_1\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Confidence: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Body:**

* Healthy Nutrition: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Water intake: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Daily Exercise: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Self Image/ Style/ Posture: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(2) Career:**

* Understanding of personal Interests: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_
* Understanding of Skills/ Strengths: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_
* Alignment of Current Job: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Communication Skills & Voice 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_
* Networking Skills: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Financial stability: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**(3) Service:**

* Sense of purpose / mission: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Role in community/ world: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_1\_\_\_\_\_\_\_\_\_\_\_\_\_
* Service projects: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_1\_\_\_\_\_\_\_\_
* Relationships: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_\_\_5\_\_\_\_\_\_\_\_\_\_\_\_\_
* Philanthropy/ Contribution$: 1 2 3 4 5 \_\_\_\_\_\_\_\_\_\_1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
1. **Write down the areas which you rated as “poor” (1 or 2):**

|  |  |  |  |
| --- | --- | --- | --- |
| **MIND** | **BODY** | **CAREER** | **SERVICE** |
| **Spirituality** |  | **Understanding of Skills / Strengths****Alignment of Current Job****Networking Skills** | **Philanthropy****Role in Community / World****Service Projects****Sense of purpose mission** |

1. **Pick FOUR items (one from each area) that you would like to focus on improving.**

 (1) (2) (3) (4)

**Write a reflection on WHY you would like to improve these 4 areas:**

Networking Skills – Improving this skill sets would allow for me to learn more about roles that might interest me and provide me with a group of contacts to draw advice and guidance from.

Alignment of Current Job – I hope to align my job to something I am passionate about. I think that will make for a much better work / life balance.

Sense of purpose / mission – Similar to the above I would really like to approach a job that I am passionate about which gives me a sense of purpose.

Role in Community – Improving this area would give me a better sense of how to improve the lives of others. Something I would really like to do.