

## Three Month Evaluation

The purpose of this evaluation is to get an objective measurement of the rate of improvement in various areas of your life. Taking this will allow you to target those areas where you might want to focus some attention, and those areas to give yourself positive acknowledgement for a job well done.

Instructions: each of the 12 statements to follow is phrased in the form of an affirmative. Please reply to each with a number between 5 and 1. (5= strongly agree, 4= somewhat agree, 3= neither agree nor disagree, 2= somewhat disagree, 1= strongly disagree).

### Over the past 3 months...

My family relationships have improved. This means that I am more accepting & appreciative; and our time together is mutually more fulfilling. \_\_\_\_\_ (your response)

My friendships have improved. This means I have either increased my number of real friends or experienced a higher degree of trust and support with existing friends. \_\_\_\_\_

My primary romantic relationship has improved. If I am currently in a relationship, this means it is more intimate, and more emotionally fulfilling. If I am not currently involved, it means I have identified more specific qualities of my "ideal mate," and have taken steps to meet him/her. \_\_\_\_\_

My financial life has improved. This means my net worth has increased and/or I have taken practical steps to secure my financial freedom. \_\_\_\_\_

My spiritual life has improved. This means I feel more connected to That which I consider the source of life and all good, and/or have contributed to the well-being of others in measurable ways. \_\_\_\_\_

My mental outlook has improved. This means I have made qualitative changes in the way I perceive my life, increased my creativity and/or ability for problem-solving. This could also mean a shift from a "glass half empty" to a "glass half full" mentality. \_\_\_\_\_

My emotional well-being has improved. This means I feel happier or more deeply peaceful more often, and/or experience having more control over my emotional states. I feel less stress. \_\_\_\_\_

My physical health and vitality has improved. This means I feel more energy, personal power, and feel more attractive to myself. \_\_\_\_\_

My knowledge base has expanded. This means I have accelerated the rate at which I learn from my experiences and/or have mastered new skills which improve the quality of my life. \_\_\_\_\_

My business or career has improved. This means I have been adding more value to my clients or co-workers, and/or have experienced a greater return in resources and satisfaction. \_\_\_\_\_

My physical environment has improved. This means my home, workspace and vehicle have become more conducive to good feelings, more aesthetically appealing or more functional. \_\_\_\_\_

My self-respect has improved. This means I am more aware of my uniqueness and my intentions, and act with impeccable integrity more often. \_\_\_\_\_

Thank you for taking this one. Please retake in 3 months.