

Guide to Rate Your Innermost Self

Insert a rating, from 1-10 in the blank space (1 being the lowest and 10 being the highest). Underline the part of the statement that's in bold text to justify your rating.

EMOTIONS: In most situations, I would rate my emotions a _____ because they **drive me in the right direction** or **drive me astray**.

ENERGY LEVEL: I would rate my energy level _____ because I'm usually **up** or **down**, **vitalized** or **dispirited**.

SOCIAL ENERGY: In most situations, I would rate my social energy _____ because I'm either **good** or **not so good at adjusting my focus to attend to those I'm engaging with at the moment**.

MENTAL WELL-BEING: I would rate my mental well being a _____ because I'm **resilient** or **not so resilient when life gets tough**.

THOUGHT PATTERNS: I would rate my thought patterns a _____ because they are usually **positive** or **negative**, **optimistic** or **pessimistic**.

SENSE OF PURPOSE: I would rate my sense of purpose a _____ because I'm **focused on fulfilling the reason I exist** or **not so much**.

