



360 Assessment

Physical

- My weight is within national standards.
- I exercise on a regular basis.
- I drink plenty of water each day.
- I eat only when I am hungry.
- I have a well-balanced diet.
- I get between seven and eight hours of sleep a night.
- I find healthy means to deal with my stress. Exercise, etc.
- My clothes fit comfortably.
- I place a high value on my person hygiene.
- I treat myself to personal attention at least once a month.
- I enjoy extra curricular activities
- I am well groomed when out in public.
- I know how many calories I eat a day.
- I am happy with my hairstyle.
- I do not smoke or use illegal drugs
- I have had a complete physical within the past two years.
- I floss on a regular bases
- I use my vacation time to vacation.
- My blood pressure is healthy
- My cholesterol count is healthy.
- My teeth and gums are healthy.
- I rarely watch television.
- I monitor my caffeine.
- I watch my sugar consumption.
- I use sunscreen.

Total _____

Emotional

- I surround myself with positive influences.
- I have a good relationship with my family members.
- I have set three personal standards I live by.
- I have dealt with issues from my past.
- I am consistently early or on time for appointments
- I do not have clutter sitting around my house.

- I have a clear conscience with my colleagues.
- I don't look to others for my personal well-being.
- I know and articulate my personal value.
- I choose my friends based on interest not need.
- I have a steady emotional gauge.
- I keep my stress level within a healthy balance.
- I follow through with what I commit to do.
- I am comfortable in expressing my emotions.
- I have told my family I love them in the last three days.
- I address feelings of anger and resentment immediately.
- I love and value myself.
- I do not allow unhealthy thoughts to linger in my mind.
- I sleep easy at night knowing my conscience is clear.
- I do not have any one in my life that emotionally drains me.
- I trust my spouse/ friends to be honest with me.
- I do not worry.
- I do not run on adrenaline to get the job complete.
- I practice times of silence and meditation.
- I have a fulfilling life.

Total _____

Spiritual

- I am closer to God today than I was last year.
- I meet with God on a daily bases.
- I feel God loves me.
- I trust God with my prayer.
- I believe God is interested in answering my prayers.
- I have a clear conscience before God.
- I attend church on a regular bases.
- I read healthy spiritual material.
- I have Christian friends I socialize with.
- I have an accountability partner, or mentor.
- I give to my church and those in need.
- I read healthy spiritual material.
- I am comfortable talking about God.
- I memorize scripture and sacred writings.
- I have Christian friends I socialize with.
- I have an accountability partner, or mentor.
- I have been spiritually mentored.
- I am comfortable inviting someone to my church.
- I am currently praying about a matter.
- I have a healthy view of God.
- I am aware of certain temptations in my life and guard against them.
- I trust God more than I fear evil.
- I attend church on a regular bases.
- I participate in service to the church or community
- I believe there is a place called heaven and feel comfortable with that fact.

Total _____