Rate Yourself

Before setting goals for yourself, determine where the need is by completing the scale below. Once completed, prioritize from greatest to least need.

Very Satisfied  Somewhat Satisfied  Neither Satisfied nor Dissatisfied  Somewhat Dissatisfied  Very Dissatisfied

D = Don’t Know  N = No Opinion

1. _________  Money

2. _________  Family Relationships

3. _________  Friends and Relationships

4. _________  Fitness

5. _________  Diet

6. _________  Career or School

7. _________  Social Life

8. _________  Spirituality

9. _________  Sense of Belonging

10. _________  Hobbies / Sports

11. _________  Knowledge

12. _________  Other ____________________________

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