**How am I Doing?**

How satisfied are you with each of these areas of your life? Mark a spot on each continuum and give it a score. You will not share your scores with anyone else.

Physical Health 1 ---------------------- 5 ---------------------- 10 +

Academics 1 ---------------------- 5 ---------------------- 10 +

Money 1 ---------------------- 5 ---------------------- 10 +

Spiritual Life 1 ---------------------- 5 ---------------------- 10 +

Friends 1 ---------------------- 5 ---------------------- 10 +

Family 1 ---------------------- 5 ---------------------- 10 +

Love Life 1 ---------------------- 5 ---------------------- 10 +

Work Life 1 ---------------------- 5 ---------------------- 10 +

Career Plans 1 ---------------------- 5 ---------------------- 10 +

Fun and Recreation 1 ---------------------- 5 ---------------------- 10 +