



Personal Mastery Assessment

This chart is a way to assess different areas of your life & to provide a way to measure changes you'd like to make. Read across each *row*, marking each item that applies to you. For example, in Health you may check off **Feel poorly**, **3 controllable limiting issues**, **Ready to address needs**. Then in the "Pre" tally box at the bottom of the page, score one point for each item in each *column*. Develop visions of what your ideals are for each of these areas. What needs to change to attain **Feeling Masterful**. Reassess at the end of your chosen interval, perhaps a month or a year later. At a later date use a different color to mark choices & adding them in the "Post" tally box. Are you moving toward higher scores in the **Masterful** column? Remember that you decide what each of these items means to *you*; there is no 'best' or 'worst.'

<i>I am.....</i>	<i>Feeling Masterful</i>	<i>Things are pretty good</i>	<i>Ready for improvements & changes</i>	<i>Not pleased with much</i>
Personal Growth Spirituality	Involved & Expanding Positive Supported	Pursuing knowledge Moving toward Some support	Desire to learn & challenge Neutral Little support	Feel stagnant, bored Same old, same old No support
Health	Feel good No controllable limiting issues Needs being addressed	Feel good 80% 1-2 controllable limiting issues Ready to address needs	Feel good 50% 2-3 controllable limiting issues Concerned about health needs	Feel poorly Out of control Health needs ignored
Credibility	Self-confident Respected & trusted Reliable, on time	Experiencing confidence Generally not questioned Usually on time, reliable	Feeling braver Seeking improved opinions Improving reliability	Self-doubt Defends & rationalizes Usually late, unreliable
Family & Friends	Generally satisfying Reliable Enough	Occasionally question Slightly unreliable Working on balance	Generally frustrating Often unreliable Wish for better relationships	Draining Unreliable Too many or not enough
Intimacy	Generally satisfying Reliable Needs met	Working on issues Occasionally unreliable Needs mostly met	Growing unease Question reliability Needs often unmet	Frustrating Disappointing One- or no-sided
Fun & Recreation	Interests beyond obligations Feel pleased & enjoyment Recharges mind & body	Moving toward balanced Feel generally positive Generally recharging	More obligations than interests Desire more recreation & fun Not recharging enough	All obligations No recreation or fun Feel drained in mind & body
Work	Comfortable Good conditions Fulfilling	Seeking new work Tolerable conditions OK	Uncomfortable, want change Borderline conditions Consistently negative	Dislike Poor conditions Depleting
Finances	Good credit rating Have & follow plans Reserves; low or no loans	Improving credit rating Moving toward plans Balances under control	Learning about credit & planning Aware of balances Improving reserves & loans	Poor credit rating Unaware or ignoring status No reserve/ high loans
Time	Positive time relationship Feel balanced Well rested	Improving time use Usually under control Usually rested enough	Seeking time management Too hectic or too lax Often tired	Negative time relationship Always surprised by the time Chronically tired
Physical Environment	Pleased &/or proud of Clean & Safe Organized & clutter free	OK with condition's process Usually clean & safe Almost organized & decluttered	Uneasy with conditions Needs more cleaning Cluttered & want change	Embarrassed Dirty or unsafe Question if hoarding
Date: Score Pre				
Date: Score Post				



This section expands on your answers to your Personal Mastery Assessment chart.

Writing specific visions and actions helps make them reality.

For example, Health: I see myself as having a recent professional health assessment, enjoying pleasing physical activities and learning more about staying healthy by buying unprocessed foods.

	<i>Feeling Masterful</i>	<i>I see myself:</i>	<i>What I will do to attain my visions</i>
Personal Growth Spirituality	Involved & Expanding Positive Supported		
Health	Feel good No controllable limiting issues Needs being addressed		
Credibility	Self-confident Respected & trusted Reliable, on time		
Family & Friends	Generally satisfying Reliable Enough		
Intimacy	Generally satisfying Reliable Needs met		

	<i>Feeling Masterful</i>	<i>I see myself:</i>	<i>What I will do to attain my visions</i>
Fun & Recreation	Interests beyond obligations Feel pleased & enjoyment Recharges mind & body		
Work	Comfortable Good conditions Fulfilling		
Finances	Good credit rating Have & follow plans Reserves; low or no loans		
Time	Positive time relationship Feel balanced Well rested		
Physical Environment	Pleased &/or proud of Clean & Safe Organized & clutter free		