

Person Chart

TODAY'S DATE:

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If we want to truly understand our success level in life, we must consider all the different areas of living that are important to us. The goal of this chart is to help provide a sort of wide-angle view of how you are feeling about major dimensions of your life experience on a daily basis.

In a few sentences, write a description about what your day was like. Be sure to include major stressors or draining events, and major relaxors or energizing events.

Now, score each of the following areas of your life on a scale of 1-10. Here's how to do that: score the item "10" if you felt as well as you can imagine a person possibly feeling in that category, and a "1" if you felt as bad as you can imagine a person feeling. Score a "5" if you felt completely neutral in that category for the day (i.e., I didn't feel good, but I didn't feel bad).

P
Physical Health

E
Emotional Wellbeing

R
Relational Connecteness

S
Spiritual Transcendence

O
Occupational Performance

N
Navigational Contentment

Spiritual Transcencence =

The level of the closeness I feel to God, and the level to which my belief in God helped me find significance and meaning in my daily struggles.

Navigational Contentment =

The level of my confidence that I am moving in the right direction in life, that I have some control over the outcomes of my endeavors, and that I will be successful in the future.