

# LIFE SCAN

## Introduction

This Life Scan is designed to quickly scan all of the important areas of life to look for the areas that need more of your attention or energy.

## Instructions

1. Answer each question. If the statement is sometimes or usually true, please do not check the YES box until the statement is virtually always true for you. If the statement does not apply to you, or will never be true for you then check the YES box. You get credit because it doesn't apply or won't ever happen.

			<u>Environment</u>
	NO	YES	
1			My personal files, papers and receipts are neatly filed away
2			My car is in excellent condition (Doesn't need mechanical work, repairs, cleaning or replacing)
3			My home is neat and clean (Vacuumed, closets clean, desks and tables clear, furniture in good repair; windows clean)
4			My appliances, machinery and equipment work well (Refrigerator, toaster, snow-blower, water heater, toys)
5			My clothes are all pressed, clean and make me look great (No wrinkles, baskets of laundry, torn, out of date or ill-fitting clothes)
6			My plants and animals are healthy (Fed, watered, getting light and love)
7			My bed/bedroom lets me have the best sleep possible (Firm bed, light, air)
8			I live in a home/apartment that I love
9			I surround myself with beautiful things
10			I live in the geographic area of my choice
11			There is ample and healthy lighting around me
12			I consistently have adequate time, space and freedom in my life
13			My environment does not damage me
14			I am not tolerating anything about my home or work environment
15			My work environment is productive and inspiring (Synergistic, ample tools, and resources; no undue pressure)
16			Is there a question you don't want me to ask about your life?
17			I surround myself with music, which makes my life more enjoyable
18			I don't injure myself, fall or bump into things
19			People feel comfortable in my home
20			I have nothing around the house or in storage that I do not need
21			I am consistently early or easily on time

NO YES		<u>Well-Being</u>
1		I rarely use caffeine (Chocolate, coffee, colas, tea) less than times per week, total
2		I rarely eat sugar (Less than times per week)
3		I rarely watch television (Less than hours per week)
4		Others don't experience alcohol as a problem or concern for me
5		My teeth and gums are healthy (Have seen a dentist in last months)
6		My cholesterol count is healthful
7		My blood pressure is healthful
8		I have had a complete physical exam in the past years
9		I do not smoke tobacco or other substances
10		I do not use illegal drugs or misuse prescribed medications
11		I have had a complete eye exam within the past two years (Glaucoma check, vision test)
12		My weight is within my ideal range
13		I don't rush or use adrenaline to get the job done
14		I have a rewarding life beyond my work or profession
15		I have something to look forward to virtually every day
16		I have no habits which I find to be unacceptable
17		I am aware of the physical or emotional problems or conditions I have, and I am now fully taking care of all of them
18		I consistently take evenings, weekends and holidays off and take at least two weeks of vacation each year
19		Is there a question you don't want me to ask about your how you are taking care of yourself?
20		I do not suffer
21		I walk or exercise at least three times per week
22		I hear well

	<b>NO</b>	<b>YES</b>	<b><u>Money</u></b>
1			I currently save at least % of my income
2			I pay my bills on time, virtually always
3			My income source/revenue base is stable and predictable
4			I know how much I must have to be minimally financially independent and I have a plan to get there
5			I have returned or made-good an any money I borrowed
6			Is there a question you don't want me to ask about your money or how you handle it?
7			I have a health relationship with money, mine and the money of other people
8			I live on a weekly budget, which allows me to save and not suffer
9			All my tax returns have been filed and all my taxes have been paid
10			I currently live well, within my means
11			I have excellent medical insurance
12			My assets (car, home, possessions, treasures) are well-insured
13			I have a financial plan for the next year
14			I have no legal clouds hanging over me
15			My will is up-to-date and accurate
16			I feel like I own my possessions and they don't own me
17			My investments do not keep me awake at night
18			I know how much I am worth
19			I am on a career/professional/business track, which is or will soon be financially and personally rewarding
20			My earnings are commensurate with the effort I put into my job
21			I have no "loose ends" at work
22			I am in relationships with people who can assist in my career/professional development
23			I rarely miss work due to illness
24			I am putting aside enough money each month to reach financial independence
25			I could live with a lot less if I had to and be OK doing so

	<b>NO</b>	<b>YES</b>	<b><u>Relationships</u></b>
1			I have told my parents, in the last months, that I love them
2			I get along well with my sibling(s)
3			I get along well with my co-workers/clients
4			I get along well with my manager/staff
5			There is no one who I would dread or feel uncomfortable "running across" (In the street, at an airport or party)
6			I put people first and results second
7			I have let go of the relationships, which drag me down or damage me ("Let go" means to end, walk away from, declare complete, no longer be attached to)
8			I have communicated or attempted to communicate with everyone who I damaged, injured or seriously upset, even if it wasn't fully my fault
9			I do not gossip or talk about others
10			I have a circle of friends/family who love and appreciate me for who I am, more than just what I do for them
11			I tell people how they can satisfy me
12			I am fully caught up with letters and calls
13			I always tell the truth, no matter what
14			I receive enough love from people around me to feel good
15			I have fully forgiven those people who have hurt/damaged me, intentional or not
16			I am a person of his/her word; people can count on me
17			I quickly correct miscommunications and misunderstandings when they do occur
18			I live life on my terms, not by the rules or preferences of others
19			I am complete with past loves or spouses
20			I am in tune with my wants and needs and get them taken care of
21			I do not judge or criticize others
22			I do not "take personally" the things that people say to me
23			I have a best friend or soul mate
24			I make requests rather than complain
25			I spend time with people who don't try to change me

	<b>NO</b>	<b>YES</b>	<b><u>Big Questions</u></b>
1			I have a sense of peace in every area of my life
2			I have a solid purpose for my life and feel grounded in that
3			I have a clear mission statement
4			I know what I do well and do that regularly
5			My Vision statement is compelling and draws me into the future
6			I have a satisfying Spiritual Life
7			When I'm "out of sorts" I know what I have to do to get back on track
8			I have a healthy laugh regularly
9			I am optimistic
10			I am aware of my blessings
11			I am grateful for my blessings