

## LIFE'S RICHES SCORECARD

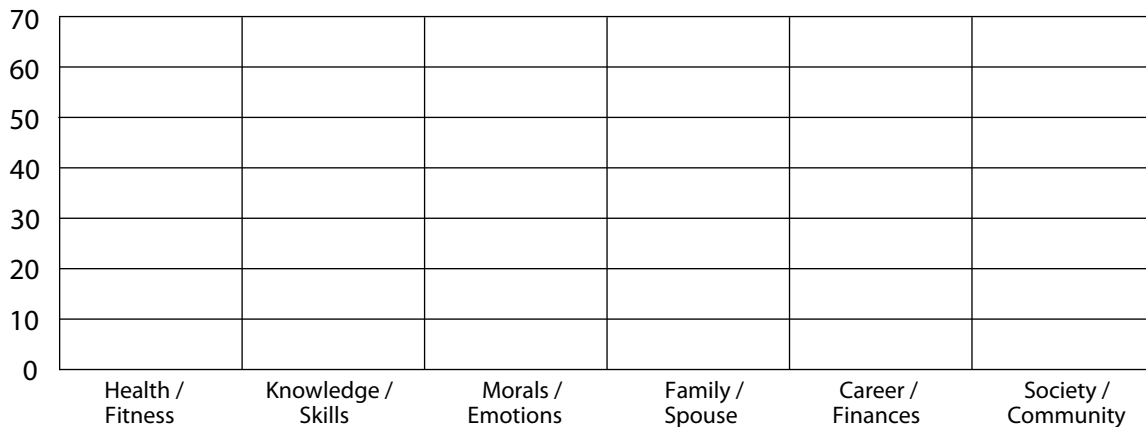
Review your current quality of life by completing the checklist will help you to determine the degree of balance in your life. Read each statement carefully and circle the number that most closely represents your normal behavior or attitudes.

5 = Never / 10 = Seldom / 15 = Often / 20 = Always

NO		SCORING			
1	I exercise at least 20 minutes a day	5	10	15	20
2	I enjoy reading books	5	10	15	20
3	I have rest and quiet time to reflect upon my life	5	10	15	20
4	I spend enough quality time with my family	5	10	15	20
5	I am satisfied with my career	5	10	15	20
6	I have a variety of close friends	5	10	15	20
7	I eat nutritious food and have a balance diet	5	10	15	20
8	I attend seminars and take courses	5	10	15	20
9	I observe honesty and fairness	5	10	15	20
10	I am meeting the needs of my family	5	10	15	20
11	I am earning the income I want	5	10	15	20
12	I like to meet new people	5	10	15	20
13	I have a healthy body	5	10	15	20
14	I have a positive mental attitude	5	10	15	20
15	I have happiness and peace	5	10	15	20
16	I have family discussions regularly	5	10	15	20
17	My income is more than my expenses	5	10	15	20
18	I make contributions to community activities	5	10	15	20

ASPECT OF LIFE	NO	SCORING	TOTAL
Health / Fitness	1		
	7		
	13		
Knowledge / Skills	2		
	8		
	14		
Morals / Emotions	3		
	9		
	15		
Family / Spouse	4		
	10		
	16		
Career / Finances	5		
	11		
	17		
Society / Community	6		
	12		
	18		

Please transfer the scores into the bar chart below by shading the respective aspect of life.



### SCORING :

A low score in any one aspect indicates a weakness and a need for you to put in more effort and resources to strengthen it. A high score indicates you are prepared and ready to handle possible opportunities and setbacks.

- 15 – 25 Weak, resolve to work immediately on this aspect of life.
- 30 – 45 Moderate, there is still room for improvement.
- 50 – 60 Strong, continue to keep up the good work.