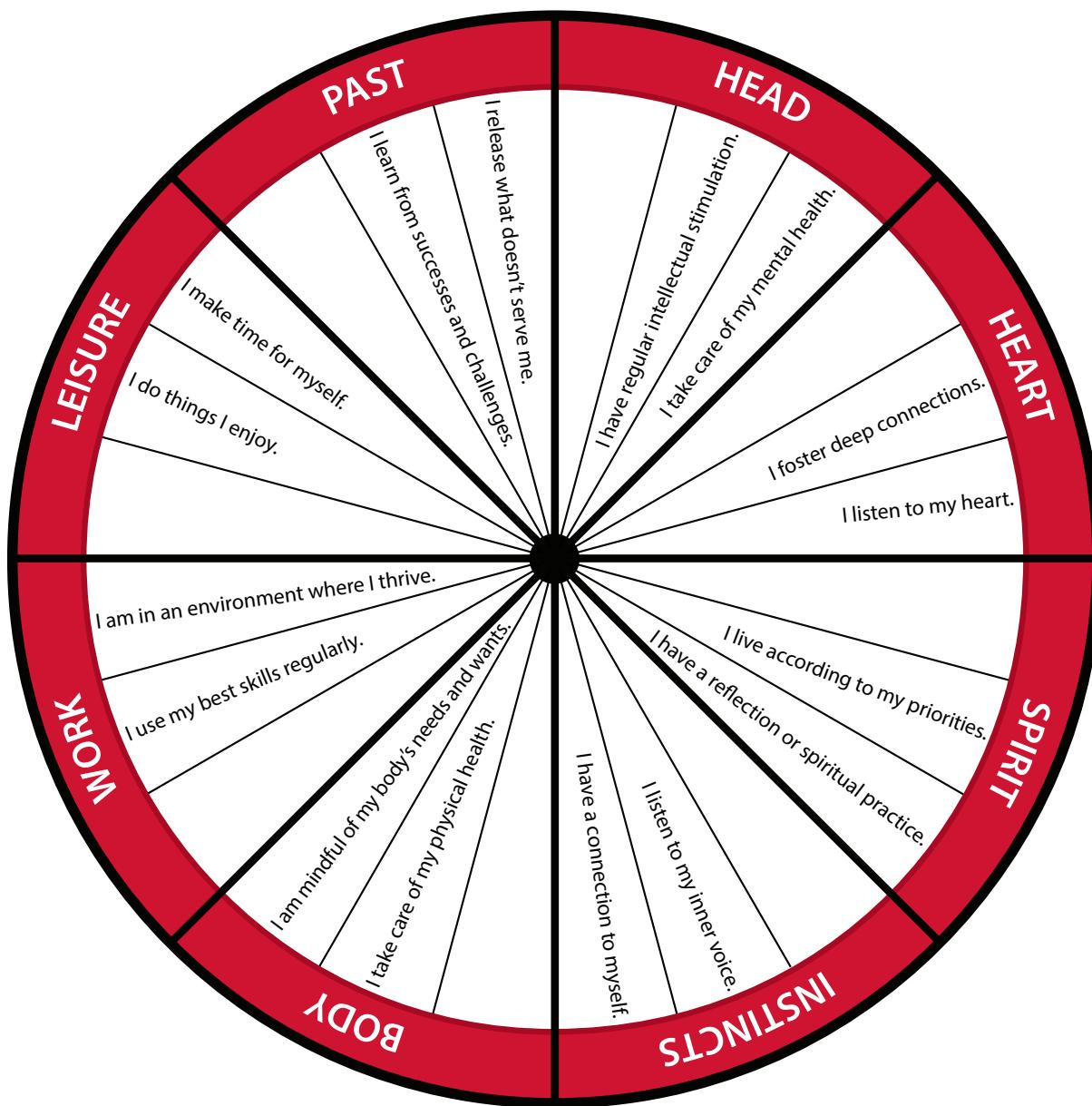


# PERSONAL ASSESSMENT: YOUR PAST

Consider the various areas of your life that we're showing in this **Personal Assessment Wheel**. Using a scale of 1-10, with 1 being totally unsatisfied (at the center) and 10 being completely satisfied/your highest aspiration (at the outside edge of the circle) mark a line at your level of satisfaction with this past year. We've left a blank spot in each category in case there are additional areas you want to address.

If you're having trouble remembering your experiences from this past year, you may find it helpful to use your calendar or planner to get a better overview of how you spent your time.



# **PERSONAL ASSESSMENT: YOUR PAST**

You can use this page to make some notes about this past year (or write yourself a letter, create a word cloud, draw, paint, etc), for any or all of the areas in the **Personal Assessment Wheel**.

**1. HEAD**

**2. HEART**

**3. SPIRIT**

**4. INSTINCT**

**5. BODY**

**6. WORK**

**7. LEISURE**

**8. PAST**