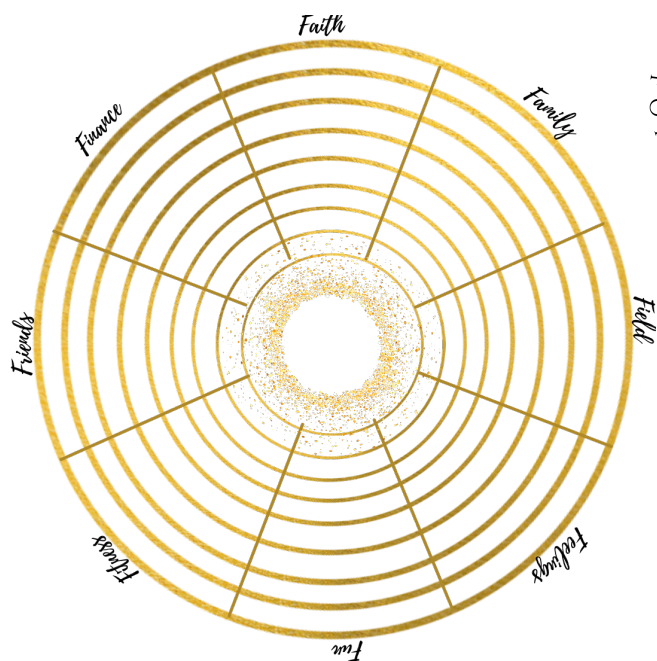




F8thful Life Survey



Directions:

In each category below, rate yourself from 1-8 (with 1 being not at all satisfied to 8 being all-but-perfect). Divide your total by 8 to reach your overall rating in each category. Then color in the number of rings in each category. For example: if you rate an 8 in Faith, you'd color in all the circle wedge from center to outer edge. If you rate Family at 2, you'd color in the two arcs closest to the center.

Faith

- Belief in God
- Inner peace
- Sense of purpose
- Attitude of Gratitude
- Prayer
- Bible Study
- Connectedness
- Acts of worship
- TOTAL ÷ 8 = _____

Field (Career)

- Love my work
- Understand my job
- Good co-workers
- Benefits
- Using my gifts/talents
- Challenging
- Opportunities to advance
- Stress level
- TOTAL ÷ 8 = _____

Feelings

- Self-control
- Positive attitude
- Intelligence
- Humor/Laugh @ Self
- Even keeled
- Dealing with conflict
- Dealing with pain/hurt
- Dealing with anger
- TOTAL ÷ 8 = _____

Family

- Time together
- Closeness
- Express love and respect
- Dealing w/disagreements
- Home environment
- Forgiveness (past hurts)
- Extended fam relations
- Humor
- TOTAL ÷ 8 = _____

Friends

- Make me better
- Supportive
- Encouraging
- Built up (not tear down)
- Non-gossipy
- Variety
- Inner Circle
- Trust
- TOTAL ÷ 8 = _____

Fun (Recreation/Relaxation)

- Time off
- Personal recharging
- Social Media
- Outdoor activities
- Social interactions
- Community activities
- Time management
- Growth time
- TOTAL ÷ 8 = _____

Finances

- Stay within income
- Saving
- Earning
- Debt Free
- Investments
- Retirement
- Insurance
- Cooperation with partner
- TOTAL ÷ 8 = _____

Fitness (Health)

- Exercise
- Appearance
- Weight
- Stress
- Diet/Nutrition
- Sleep
- Energy
- Mental Fitness
- TOTAL ÷ 8 = _____

CORE SELF/IDENTITY (Center of F8-Full Circle)

- I know who I am
- I know Whose I am
- I know my gifts/talents
- I know my weaknesses
- I am confident
- I have vision for future
- I invest in myself
- I invest in others