



Rate Yourself

Name: _____

Before setting goals for yourself, determine where the need is by completing the scale below. Once completed, prioritize from greatest to least need.

5

4

3

2

1

Very Satisfied

Somewhat Satisfied

Neither Satisfied nor Dissatisfied

Somewhat Dissatisfied

Very Dissatisfied

D = Don't Know

N = No Opinion

1. _____ Money
2. _____ Family Relationships
3. _____ Friends and Relationships
4. _____ Fitness
5. _____ Diet
6. _____ Career or School
7. _____ Social Life
8. _____ Spirituality
9. _____ Sense of Belonging
10. _____ Hobbies / Sports
11. _____ Knowledge
12. _____ Other _____