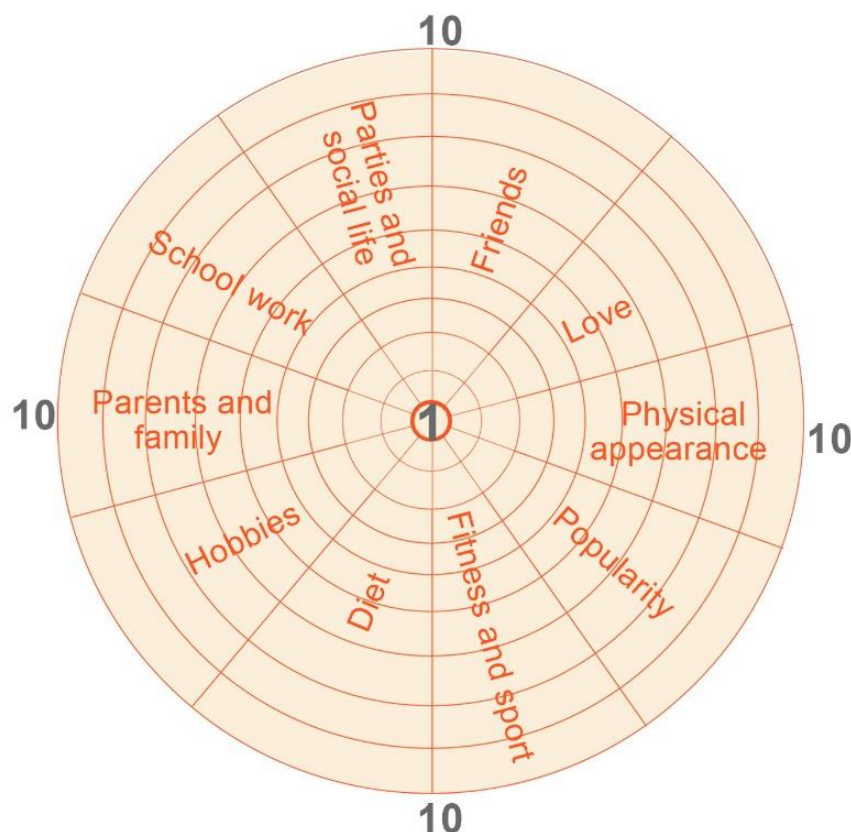


Rate your Life: What is Your Ideal and Real Situation?

-(Where you are happy and where you are “stuck” in your life now)

Orly Katz



Instructions:

Rate each of the different areas of the circle:

Look at each one of the ten sectors and grade it for how satisfied you are with this area of your life. Now draw a line from the center of the circle to the score you would give yourself for each sector.



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1 - I'm very unsatisfied with this area of my life.

10 - This area of my life is great.

Now we need to analyze the questionnaire:

Color each sector in a different color up to the level we have scored it at. For example, if we have given ourselves an 8 for school work, then we color in the segment for school work up to the eighth circle.

Now look at the colored in Identification Circle and answer the following questions:

Is the colored in part of the circle symmetrical?

Does it have a regular shape, with same diameter all the way round? _____

Is the colored in part of the circle big, filling in most of the outer circle? _____



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(It is most likely that your Identification Circle is not symmetrical and that does not even have the same diameter all the way round, and it probably doesn't fill up the outermost circle. There will probably be some areas that have higher scores than others, and that's fine - no-one's perfect...)

Which three areas got the highest scores?

Area 1: _____ Score: _____

Area 2: _____ Score: _____

Area 3: _____ Score: _____



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Each area that scored 8 or higher is an area of your life you are happy with. You work hard at it and are happy with the results and feel Simply Me in this area.

Which three areas got the lowest scores?

Area 1: _____ Score: _____

Area 2: _____ Score: _____

Area 3: _____ Score: _____

Each area that scored 7 or less is an area of your life you are not happy with, which is something you need to pay attention to. You may not be working hard enough at this area, or you may not be working at it in the right way.

And I've got news for you. You can change things and improve these areas which you gave low scores to. In the next keys, we'll learn how to go about making changes and improving the low scoring areas of our lives so that we feel good about ourselves and can be Simply Me, standing tall without being influenced by others and being dragged down...
So be patient... here it comes...