



Memory Jogger

Total Balancing System

The purpose of this sheet is to help you to be aware of what has changed over time. We have found that many people, if you change something slowly over time, don't even realize that it is in fact different. The idea here is to fill this out as accurately as possible now, then again in six months, and again in a year. Then review the changes. We can't wait to hear what amazing things you're going to tell us!

GENERAL WELL BEING	
On a scale of 0 -10 (<i>10 is best</i>) How would you rate the following?	Rating:
Overall Health	
Overall Family Relationships	
Overall Happiness	
Overall Satisfaction with Career	
Overall Satisfaction with Spiritual Life	

HEALTH	
List any health problems you have right now, even if they only occur rarely.	Rate the severity 0-10
1	
2	
3	
4	
5	
6	

RELATIONSHIPS	
Describe the relationship with your spouse	
Children	
Closest Friends	
Parents and other Family	
Describe any problems in your finances	
Describe any issues at work	
List any goals you have for the next year	

***You may use the back if you need more space.**