



What are you putting up with?

All of us have things in our lives that are not “quite right.” They may be undesirable conditions we are tolerating or things that we allow to remain incomplete. Addressing these issues can create energy and prevent burnout. To self-assess four aspects of your life, circle the number in front of each item below that is true for you.

Environment

1. My home is attractive and clean.
2. My home has no repairs or painting that need to be done.
3. I am proud to have others come to my home.
4. There is plenty of space in my home.
5. My home is in a good neighborhood where I feel comfortable.
6. I like my car's exterior and interior and am proud to own it.
7. My car is in good repair and running well.
8. My workplace provides plenty of light and space.
9. Whether I am at home or at work, there is quiet space for me to focus.
10. My papers and files are well organized and put away.

Finances

1. I pay my bills on time.
2. I am able to save each month so that I feel I have a reserve for emergencies.
3. I have enough money to take the vacations I'd like to take.
4. I am able to do special things such as the occasional nice dinner or evening out without worrying about the money it costs.
5. I know approximately how much money I have in all my accounts (bank, retirement, 401K, etc.).
6. I regularly review or balance my financial accounts so they are in good order.
7. I do not argue or fight with others about money.
8. I have someone I trust to talk to and/or give me advice about money.
9. I feel I'm saving enough for a quality retirement.
10. My income is consistent and adequate to my needs.

Family and friends

1. I feel loved and nurtured within my family.
2. I have at least one or two friends who are available to me when I need them.
3. My family is a source of support for me.
4. I have someone with whom I enjoy going out and doing things with.

5. My family and I communicate well with each other. (We don't leave important things unsaid).
6. I share responsibilities with my family instead of feeling like I have to do it all.
7. I have some enduring friendships that are a source of joy to me.
8. I am not maintaining any relationships with people who damage my self esteem or injure me physically or emotionally.
9. When I am worried or upset, my family and/or friends notice and spend time with me to help work out whatever is bothering me.
10. My friends and family are not jealous of my other relationships.

Work

1. I enjoy the work I do each day.
2. My work responsibilities are clear to me.
3. I have the resources I need to get my work done (office supplies, technology, phone, furniture, etc.).
4. I look forward to going to work.
5. I have people who can assist me when I have too much work and deadlines.
6. The amount of work I have to get done is reasonable.
7. The work I do is important; it has an impact for someone.
8. I feel appreciated in my work.
9. I have personal relationships through my work where I feel others know and care about me as a person.
10. I am paid well for the work I do.

For each category, use the graph below to create your profile. Begin at the bottom and fill in one square for each item circled.

Envir.	Finances	Friends & Family	Work

Choose an item you can complete today. This may be in a category where you already are having success you can build on, and create momentum for addressing other items you could not yet circle.