

## SELF ASSESSMENT TEST

We use the acronym SPECS to help remind us of those areas in our life which can easily catch up to us. The key is to recognize that we are starting to get out of balance before life gets out of control.

**S**-piritual | **P**-hysical | **E**-motional | **C**-hemical | **S**-ocial

We like the word SPECS because it is a goal without a specific way to achieve balance. We are all different and have different needs. Some of us are socially introverted and others extroverted. There are those who love working out and others that don't. It doesn't matter what area of SPECS you are looking at, there is a true BALANCE point for you.

<b>SPIRITUAL</b>	1	2	3	4	5	6	7	8	9	10
<b>PHYSICAL</b>	1	2	3	4	5	6	7	8	9	10
<b>EMOTIONAL</b>	1	2	3	4	5	6	7	8	9	10
<b>CHEMICAL</b>	1	2	3	4	5	6	7	8	9	10
<b>SOCIAL</b>	1	2	3	4	5	6	7	8	9	10

*\*Circle your answer from 1-10 (example in red)*

Assess your BALANCE weekly by using a 10 point scale for each of these areas. Rate your areas 0-10, 10 meaning I'm knocking it out of the park! 0 means I need a drastic change in my daily habits to restore it.

When you first started doing this, write it down weekly in order to see it visually. You may even want to write it down in a journal. Remember it takes 7 weeks to create a new habit. As you continued to build this habit, you can change it to a quiet time where you assess in your thoughts. We recommend doing this exercise in a quiet place so you can really evaluate where you are at without distraction from spouses, kids, or friends.

When you honestly assess these areas, look at the area that needs the most work and make a small (not a large) change in your life to improve your score for the following week.

*Ex. Physical — if you score a 1 on exercising, make a goal to walk 2xs that week.  
Ex2. Social — if you score a 2 on connecting with people, make a point of getting together with people 1x that week.*