SELF – ASSESSMENT

| | Where I Am | Where I Want To Be |
|-----------|------------|-----------------------|
| Physical | | |
| | | |
| | | |
| Mental | | |
| | | |
| | | |
| Social | | |
| | | |
| | | |
| Emotional | | |
| | | |
| | | |
| Spiritual | | |
| | | |
| | | |
| | | |