

BODY

I feel good about my body	
I feel strong and healthy	
I am well	
I sleep well	
Total	
Average	

MIND

I have time to meditate (Relax and think)	
I remember well	
I can think "quickly"	
I use my intuition	
Total	
Average	

SPIRIT

I believe in moral laws which guide my actions	
I have faith	
I do not fear	
I am calm and serene	
Total	
Average	

PEOPLE

I am popular	
I have a friend who shares my "ups and downs"	
People understand me	
I like other people	
Total	
Average	

CAREER

I love my work	
I have a plan for my career development	
My earnings reflect my worth	
My talents are utilized fully	
Total	
Average	

CASH

I am "wealthy"	
I "feel" rich	
I have a financial plan for the future	
I have resources to "carry" me for 6 months	
Total	
Average	

Current rating		After "graduation"	Gain
1.) BODY			
2.) MIND			
3.) SPIRIT			
4.) PEOPLE			
5.) JOB			
6.) WEALTH			
Total			
Average: Divide by 6			