



PERSONAL DEVELOPMENT ASSESSMENT

This assessment will give you a sense of where you are on the path relative to our 12 Phases of Personal Development and provide some ideas about which direction you want to go from here. Keep this assessment handy and refer to it now and then; your score will likely change over time. Because personal development is a progressive state, it may be helpful to use this assessment as a self check-in periodically.

Read the following statements and rate them according to how true they are for you.

	1 = Not True	2 = Less True	3 = Somewhat True	4 = More True	5 = Very True
	I am very honest with myself.				
	I relish being responsible for myself.				
	I accept what is.				
	I am aware of the choices in my life.				
	I create momentum by responding, even over-responding, to events, desires and whims.				
	I have a mission and/or vision for my life.				
	I have positioned myself to let life's flow carry me forward.				
	I attract what I want into my life with virtually no effort.				
	I have reserves in all necessary areas and give with no expectation of receiving.				
	My life is in balance; it flows easily.				
	I have created environments to support my evolution.				
	I have all that I need.				
	Total Score				

Scoring

12-24	You are beginning your path to personal development.
25-36	You have progressed on the personal development path, but you may still need to focus more conscious attention on growth.
37-48	Your life is moving along pretty well. What areas can you focus on to approach transcendence?
49-60	WOW! You are now so full of what you need that your life is working at a whole new level. You see the world with new eyes and embrace the possibilities that exist as a result.