



# Path of Development Self-Assessment

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Rate yourself on a scale of 1 (not true) to 5 (completely true) for each of the following items then total each section. You may apply this assessment to your whole life or to just a part of it.

## Legacy Stage

Current Total: \_\_\_\_\_

I am completely satisfied with the work I do	_____
Others acknowledge and honor me frequently	_____
My actions flow naturally from my life purpose	_____
I am genuinely interested in other people	_____
I regularly experience a tremendous exchange of value with others	_____
My contribution to the world is clear, focused and powerful	_____

## Fulfillment Stage

Current Total: \_\_\_\_\_

I make decisions based on my principles and values	_____
I am experiencing a high level of success	_____
Overall, my work is very rewarding for me personally	_____
The impact I have on others is consistent with what I want	_____
My feelings are highly meaningful to me	_____
All of my regular relationships are synergetic and satisfying	_____

## Attraction Stage

Current Total: \_\_\_\_\_

My network of personal relationships is evolving quickly	_____
The people in my life add energy, they don't take it away	_____
I have forgiven myself and others for everything, unconditionally	_____
I enjoy most things in life and amuse myself easily	_____
I don't get triggered by people or circumstances	_____
Opportunities abound in my life	_____

## Adult Stage

Current Total: \_\_\_\_\_

I am fully responsible for everything in my life
I respond consciously to people and situations versus reacting
I am aware that I have choice about everything
I am clear about what I want and don't want
I am motivated by my own desires not by reacting to situations
My standards are well defined and I live by them

## Personal Foundation Stage

Current Total: \_\_\_\_\_

I am aware of the patterns I've developed in my life
I am making progress and feel like I'm gaining integrity or wholeness
I feel optimistic about a brighter future
I have got my personal work cut out for me and I know I can do it
I am cleaning up all the things in my life that need cleaning
I have the power to choose the kind of changes I want

## Restoration Stage

Current Total: \_\_\_\_\_

Things change frequently in my life (jobs, relationships, addresses, etc.)
I am recovering from past relationships, traumas, and emotional scars
I am dealing honestly with my addictions and compulsions
I often feel overwhelmed by situations in my life
I am searching for something but I'm not sure exactly what it is
I often feel frustrated, moody and/or needy

The highest total you have in any section tells you the stage you are experiencing. People experience multiple stages simultaneously at different levels. You may want to graph your path of development like this:

