

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 My contribution to the world is clear, focused an		
Fulfillmen	t 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		
		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 eas	ily	
	I don't get triggered by people or circumstances		
	Opportunities abound in my life		

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# Adult Stage

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 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:\_\_\_\_

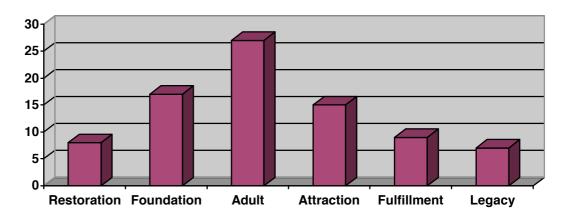
 I am aware of the patterns I've developed in my life
I am making progress and feel like I'm gaining integrity or wholeness
I feel optimistic about a brighter future
 I have got my personal work cut out for me and I know I can do it
I am cleaning up all the things in my life that need cleaning
I have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



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