

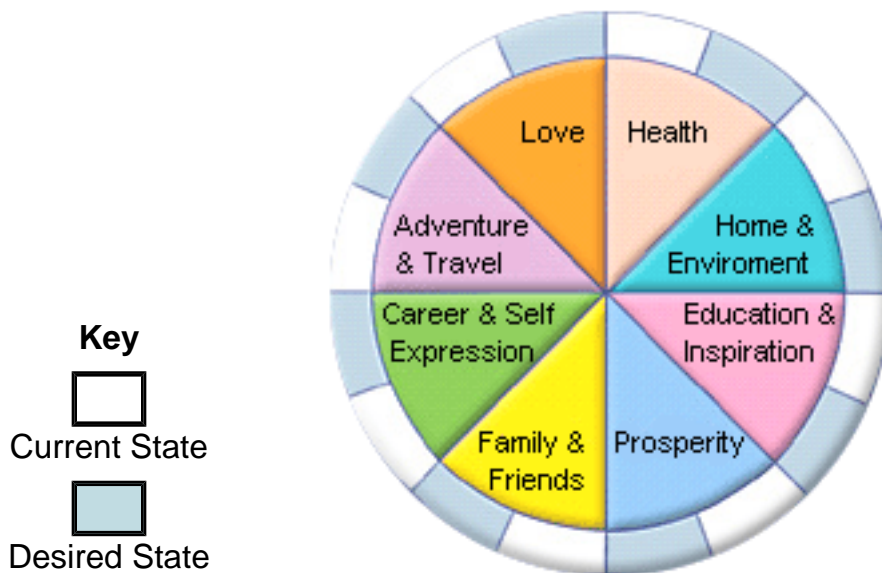
www.KathyGantz.com

212-327-0952

Self Assessment Exercise:

Date: _____

The Self Assessment Wheel contains eight areas that might be considered when evaluating your personal success. You'll designate two numbers to each area: one will be your current state and the other will be your desired state. Each will be based on a 1-10 scale where 10 represents complete fulfillment.



For example, if you haven't been on a vacation in years and rarely get out of the house to try new and different activities, you might label your current state of "adventure and travel" a 1 or 2. But what if you love traveling and consider yourself adventurous? You'd like to be 7 or 8.

Keep your worksheet handy. It will help you visualize the gap between where you are and where you want to be. Keep your desired states in mind when making decisions that directly affect your life. Soon, you will see the gap start to decrease and you will begin to increase the balance in your life.

During psychotherapy with Kathy you would use this as a tool to look at your life now and what you want to accomplish. The therapy is based on inventing your future. During the therapy, Kathy will help you close the gap between what is going on now and what you want to have happen in the future.

