

THE PRACTICAL TRANSFORMATION PROGRAM™

The Practical Transformation™ Scorecard

Personal/Professional

To help you clearly understand your current situation, try *The Practical Transformation™ Scorecard (Personal/Professional)*. Rate your reaction to each pair of phrases. Decide where you lie on a scale from 1 to 10.

A.	I am not very satisfied with the current status and balance of my personal and professional life.	1	2	3	4	5	6	7	8	9	10	I am very satisfied with the current status and balance of my personal and professional life.	A.
B.	I feel very pessimistic about the future success and happiness in my personal life.	1	2	3	4	5	6	7	8	9	10	I feel very optimistic about the future success and happiness in my personal life.	B.
C.	I feel very pessimistic about future success and fulfillment in my professional life.	1	2	3	4	5	6	7	8	9	10	I feel very optimistic about future success and fulfillment in my professional life.	C.
D.	I do not have a clear vision with specific goals to ensure my success, happiness and fulfillment in life.	1	2	3	4	5	6	7	8	9	10	I have a clear vision with specific goals to ensure my success, happiness and fulfillment in life.	D.
E.	I do not have a supportive and encouraging network of relationships with people who are available to help me accomplish my goals.	1	2	3	4	5	6	7	8	9	10	I have a supportive and encouraging network of relationships with people who are available to help me accomplish my goals.	E.
F.	I am very dissatisfied with the quality of relationships that I have with people in my life.	1	2	3	4	5	6	7	8	9	10	I am very satisfied with the quality of relationships that I have with people in my life.	F.
G.	I am not very satisfied with my financial situation.	1	2	3	4	5	6	7	8	9	10	I am very satisfied with my financial situation.	G.
H.	My lifestyle does not support and enhance my physical and emotional well-being.	1	2	3	4	5	6	7	8	9	10	My lifestyle supports and enhances my physical and emotional well-being.	H.
I.	I am experiencing less freedom and fulfillment, with more stress and upset in my life.	1	2	3	4	5	6	7	8	9	10	I am experiencing increased freedom and fulfillment with less stress and upset in my life..	I.
J.	My thoughts and actions are not focused, not organized and not integrated.	1	2	3	4	5	6	7	8	9	10	My thoughts and actions are focused, organized and integrated.	J.

ADD COLUMN TOTALS. YOUR SCORE IS _____.