

# THE **BIG 10** SUMMARY

For more about this survey, read  
*Staying Happy, Being Productive* by Dr. Roger Hall.

Circle the number that best represents where you are in each of the Big 10 areas:

## 1. How would you rate your Thought Life?

Undisciplined Mess									Disciplined
1	2	3	4	5	6	7	8	9	10

## 2. How would you rate your Exercise Life?

Not a part of my life									Regular and Vigorous
1	2	3	4	5	6	7	8	9	10

## 3. How would you rate your Nutritional Life?

Not a part of my life									Focused and Deliberate
1	2	3	4	5	6	7	8	9	10

## 4. How would you rate your Love Life?

Awful									Happy and Content
1	2	3	4	5	6	7	8	9	10

## 5. How would you rate your Social Life?

Lonely and Isolated									Strong and Enough
1	2	3	4	5	6	7	8	9	10

**6. How would you rate your Work Life?**

Soul Crushing						Life Affirming and Meaningful			
1	2	3	4	5	6	7	8	9	10

**7. How would you rate your Money Life?**

Money Problems (too much or too little)						Disciplined			
1	2	3	4	5	6	7	8	9	10

**8. How would you rate your Sleep and Rest Life?**

Sleep and Rest Deprived						Rested and Refreshed			
1	2	3	4	5	6	7	8	9	10

**9. How would you rate your Recreational Life?**

No Fun						Regular Recreation and Fun			
1	2	3	4	5	6	7	8	9	10

**10. How would you rate your Spiritual Life?**

Not Part of My Life						Central and Regular			
1	2	3	4	5	6	7	8	9	10

Date: \_\_\_\_\_

Choose your first focus: \_\_\_\_\_

Six months later, reassess this: \_\_\_\_\_