

HABITS

ASSESSMENT

Score: 1=LOW, 5=HIGH



SEEK CLARITY:

I was intentional in how I acted so far this week

1 2 3 4 5

I knew the feelings I wanted to generate today

1 2 3 4 5

I stayed focused as much as I wanted to

1 2 3 4 5

I made today meaningful

1 2 3 4 5

I determined something I can get better at today

1 2 3 4 5

TOTAL x4 = _____ out of 100%