

WHOLENESS LIVING CHART

FAMILY/HOME

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

SPIRITUAL/ETHICAL

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

SOCIAL/CULTURAL

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

FINANCIAL/CAREER

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

PHYSICAL/HEALTH

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

MENTAL/EDUCATION

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Total: _____

Average: _____

After transferring your percentage scores from the Self-Dimension Grid to the spaces indicated above, compute the average for each category. The average value should be plotted on your Rays of Life. The scale begins with zero at the hub and increases incrementally by 10% per hash mark to the 100th percentile at the edge of the sun.