## Life's 7Fs Survey

Name	Date

## Instructions

- 1. Each survey item describes a behavior or a view about a category of your life.
- 2. For each item on the 10-point scale circle a rating that comes closest to the description based on how you view the current situation.
  - a. For example, if you assign a "10" rating to an item you are saying you currently act very much like the description at that end of the scale. If you assign a "1" rating you are saying you act very much like the description of the behavior at the opposite end of the scale.
  - b. Ratings "5" and "6" are at the midpoint. You are basically saying, "I'm about 50/50 on this item, can't decide, neither very strong nor weak on this behavior during the rating period.
  - c. Ratings at the high end, 9, 8, and 7 and ratings at the low end 4, 3, 2 provide intermediate rating options.
- 3. Rate the items based <u>not</u> on how you want to be or what others (including your spouse) say about you, but as you believe you really are. Please rate all 21 Survey items.
- 4. "Comments" section provides a space for you to add insights or clarifications about that category.
- 5. Do not discuss how you are rating an item with another person while responding to the Survey as such may bias your responses.
- 6. Add your ratings for each category in the Subtotals space. When you've completed the Survey transfer the Subtotals for the 7 categories to the spaces at the bottom of each category on the Profile page.

	Faith					
	Extent that faith	is a central part	t of your life			
1.	Every day I focus on spiritual aspects of my life. I am cultivating my spirituality and am becoming spiritually mature.	10987654321	I rarely think about spiritual matters, they aren't really part of my life.			
2.	At least once a week I read something, watch a TV program, or listen to a CD that enables me to meditate on inspirational topics with life-improving truths.	10987654321	I rarely read spiritually-oriented books or magazines, or watch an inspirational TV program, or listen to a CD with a spiritual topic.			
3.	I believe in God and pray to Him daily for strength, guidance, or in behalf of loved ones.	10987654321	I don't believe in God and even if I do believe in God I rarely pray.			
		Faith Subtotal				
Com	ments					

	Family					
	Evaluate the health of	of your key fami	ily relationships			
4.	I make time weekly for quality time with my	10987654321	Weeks can go by without quality time between			
	spouse and/or child(ren).		my spouse and I, or with my child(ren).			
5.	My spouse and I agree on parenting practices	10987654321	My spouse and I do not agree on parenting			
	with our child(ren).		practices with our child(ren).			
6.	Our immediate family relationships are among	10987654321	Our immediate family relationships are very			
	the most consistently loving and supportive I've		inconsistent with extreme swings between "good			
	seen compared to other families.		times" and "difficult times".			
		Family Subtotal				
0						
Con	nments					

	Finances					
	Effectively manage	e your income a	and expenses			
7.	My spouse and I have a written budget.	10987654321	My spouse and I do not have a written budget			
8.	My spouse and I live closely by a budget or at	10987654321	My spouse and I do not live closely by a budget			
	least monitor our expenses and know the status		and we often find that expenses get out of			
	of our home finances.		control.			
9.	My spouse and I agree on money management methods and how we handle our expenses. We work together to achieve our financial goals and decide jointly on expense priorities.	10987654321	My spouse and I do not agree on money management methods and how we handle our expenses. Occasionally this has become a stressful situation in our relationship.			
		Finances Subtotal				
Con	Comments					

	Firm					
	Level of satisfaction with yo	our career or pri	imary role in the family			
10.	My job is rewarding and I feel good about the work I do.	10987654321	My work is not satisfying and it is burdensome for mental, emotional, or physical reasons.			
11.	I keep both my personal and professional life well-balanced.	10987654321	My personal and professional life are unbalanced with either work or personal life absorbing too much time in my life.			
12.	My view of my spouse's primary work role, inside or outside the home, is that they are very satisfied with what they do.	10987654321	My view of my spouse's primary work role, inside or outside the home, is that they are not very satisfied with what they do.			
		Firm Subtotal				
Com	nments					

	Fitness							
	Developme	ent of physical l	health					
13.	I maintain a regular physical exercise program.	10987654321	I do not maintain a regular physical exercise program.					
14.	I intentionally eat nutritious foods and/or take nutritional supplements.	10987654321	I do not monitor my eating habits very well and am not currently engaged in a program to achieve a healthier lifestyle.					
15.	I am height-weight proportionate for my age and my physician is satisfied with the status of my physical health.	10987654321	I am not height-weight proportionate for my age and there are significant health-related areas that concern me and my physician.					
		Fitness Subtotal						
Con	nments	1	L					

	Friends					
	Build close relationships outside of the family					
16.	I recognize my need for relationships and let people know that I appreciate the value they have for me.	10987654321	I am somewhat of a loner and have difficulty recognizing and acknowledging my need for other people.			
17.	I have same gender friendships with persons outside my immediate family with whom I participate in activities.	10987654321	I don't have same gender friendships with persons outside my immediate family with whom I participate in activities.			
18.	My spouse and I have close friends outside our immediate family with whom we participate in enjoyable activities at least 3 times a year.	10987654321	My spouse and I don't have close friends outside our immediate family with whom we participate in enjoyable activities at least 3 times a year.			
		Friends Subtotal				

Comments

	Fun					
	Evaluate the level of fun experienced in your daily activities					
19.	I have a number of enjoyable activities and hobbies I do aside from my job that help me relax or bring variety to my life.	10987654321	I do not have a number of enjoyable activities and hobbies I do aside from my job that help me relax or bring variety to my life.			
20.	My spouse and I have at least one truly enjoyable activity we do together to bring variety to our routine. For example, we have regularly scheduled "dates" every month.	10987654321	My spouse and I do not have at least one truly enjoyable activity we do together that brings variety to our lives.			
21.	My spouse, the children (if the couple has children), and I do an enjoyable activity together at least once a month.	10 9 8 7 6 5 4 3 2 1	My spouse, the children, and I do not schedule an enjoyable activity together at least once a month.			
		Fun Subtotal				

Comments

Tota	al
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Faith	Family	Finances	Firm	Fitness	Friends	Fun	Total
30	30	30	30	30	30	30	210
29	29	29	29	29	29	29	205 200
28	28	28	28	28	28	28	195
27	27	27	27	27	27	27	190
26	26	26	26	26	26	26	185 180
25	25	25	25	25	25	25	175
24	24	24	24	24	24	24	170
23	23	23	23	23	23	23	165 160
22	22	22	22	22	22	22	155
21	21	21	21	21	21	21	150
20	20	20	20	20	20	20	145 140
19	19	19	19	19	19	19	135
18	18	18	18	18	18	18	130
17	17	17	17	17	17	17	125 120
16	16	16	16	16	16	16	115
15	15	15	15	15	15	15	110
14	14	14	14	14	14	14	105 100
13	13	13	13	13	13	13	95
12	12	12	12	12	12	12	90
11	11	11	11	11	11	11	85 80
10	10	10	10	10	10	10	75
9	9	9	9	9	9	9	70
8	8	8	8	8	8	8	65 60
7	7	7	8 7	7	7	7	55
6	6	6	6	6	6	6	50
5	5	5	5	5	5	5	45 40
4	4	4	4	4	4	4	35
	3	3	3	3	3	3	30
3 2	2	2	3 2	3 2	2	2	25 20
Subtotal	Total						