

# 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 not 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.

<b>Faith</b>			
<i>Extent that faith is a central part of your life</i>			
1.	Every day I focus on spiritual aspects of my life. I am cultivating my spirituality and am becoming spiritually mature.	10 9 8 7 6 5 4 3 2 1	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.	10 9 8 7 6 5 4 3 2 1	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.	10 9 8 7 6 5 4 3 2 1	I don't believe in God and even if I do believe in God I rarely pray.
		Faith Subtotal	
Comments			

<b>Family</b>			
<i>Evaluate the health of your key family relationships</i>			
4.	I make time weekly for quality time with my spouse and/or child(ren).	10 9 8 7 6 5 4 3 2 1	Weeks can go by without quality time between my spouse and I, or with my child(ren).
5.	My spouse and I agree on parenting practices with our child(ren).	10 9 8 7 6 5 4 3 2 1	My spouse and I do not agree on parenting practices with our child(ren).
6.	Our immediate family relationships are among the most consistently loving and supportive I've seen compared to other families.	10 9 8 7 6 5 4 3 2 1	Our immediate family relationships are very inconsistent with extreme swings between "good times" and "difficult times".
		Family Subtotal	
Comments			

### Finances

#### *Effectively manage your income and expenses*

7.	My spouse and I have a written budget.	10 9 8 7 6 5 4 3 2 1	My spouse and I do not have a written budget
8.	My spouse and I live closely by a budget or at least monitor our expenses and know the status of our home finances.	10 9 8 7 6 5 4 3 2 1	My spouse and I do not live closely by a budget and we often find that expenses get out of 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.	10 9 8 7 6 5 4 3 2 1	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	

Comments

### Firm

#### *Level of satisfaction with your career or primary role in the family*

10.	My job is rewarding and I feel good about the work I do.	10 9 8 7 6 5 4 3 2 1	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.	10 9 8 7 6 5 4 3 2 1	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.	10 9 8 7 6 5 4 3 2 1	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	

Comments

### Fitness

#### *Development of physical health*

13.	I maintain a regular physical exercise program.	10 9 8 7 6 5 4 3 2 1	I do not maintain a regular physical exercise program.
14.	I intentionally eat nutritious foods and/or take nutritional supplements.	10 9 8 7 6 5 4 3 2 1	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.	10 9 8 7 6 5 4 3 2 1	I am not height-weight proportionate for my age and there are significant health-related areas that concern me and my physician.
		Fitness Subtotal	

Comments



