



Attitudes and Beliefs Assessment Scorecard

Pillar 2: Attitudes and Beliefs		
Name:		
Attitudes and Belief	YES	NO
Do you feel clear about your goals in life?	0	3
Do you set goals on a regular basis?	0	3
Do you revisit your goals to determine progress made and next steps?	0	3
Overall, do your daily actions align with your most important values and visions?	0	3
Are you happy most of the time?	0	3
Do you feel your life has meaning and purpose?	0	3
Do you like the work you do?	0	3
LIMITING Beliefs: Score 3 points for each of these thoughts you have on a regular basis or beliefs you hold.		
I can't	3	0
I shouldn't	3	0
I'm not good enough	3	0
I'm not smart enough	3	0
I'm too shy	3	0
I'm sick	3	0
I'll never get well	3	0
I'm too tired	3	0
Money is evil	3	0
I'm weak	3	0
If I get too close, I might get hurt	3	0
I might get rejected	3	0
I can't trust people	3	0
Success takes sacrifice	3	0
Self-care is selfish	3	0
Total for Each Column (number of checkmarks x value)		
GRAND TOTAL for Attitudes and Beliefs (Max 66)		

Score Interpretation:

- 0-9:** Congratulations! You have an excellent attitude, your beliefs are aligned with health, and you are on track to achieve your health goals.
- 10-18:** Your attitude and beliefs may be getting in the way of your follow-through and motivation to establish habits that lead you to the level of health you desire and deserve.
- 19-27:** Your attitude and beliefs are likely getting in the way of your follow-through and motivation to establish habits that lead you to the level of health you desire and deserve. You will benefit from getting in touch with what matters most, learning to be optimistic, and letting go of limiting beliefs.
- 28-66:** Your attitude and beliefs are most certainly getting in the way of your follow-through and motivation to establish habits that lead you to the level of health you desire and deserve. You need to get in touch with what matters most, learn to be optimistic, and let go of limiting beliefs that are getting in the way of your health and happiness.