

Life Harmony Assessment Personal Environment

Review and answer each statement. If it is true, add 1 point. If the statement is only true “sometimes” or “usually,” **DO NOT** add a point. Only add a point if it is virtually always true. (No credit given until the statement is virtually always true.)

- 1 My personal files, papers, and receipts are organized for easy access.
- 2 My car is in good condition (doesn't need mechanical work, repairs, cleaning, or replacing).
- 3 My home is neat and clean (vacuumed, closets clean, minimal clutter, etc.).
- 4 I live in a home or apartment that I love.
- 5 I feel comfortable in my home and others feel at ease in my home.
- 6 My bed is made daily.
- 7 I always wear my seatbelt.
- 8 I recycle my paper, plastic and aluminum.
- 9 I consistently have adequate time, space, and freedom in my life.
- 10 I am able to find a quiet place at home for downtime, without interruption, when I need it.
- 11 I have adequate space to enjoy the leisure activities that I love.
- 12 My home is my sanctuary.
- 13 I enjoy the company of a pet that I love.
- 14 I enjoy my neighborhood and feel safe.
- 15 Those I live with respect my possessions, my privacy, and my time.

Total Score

