



akron bar  
association®

**INTERACTIVE  
WORKSHOP ON THE  
POWER OF GOAL  
SETTING**

***Presented By:  
Donald D. Harbert  
Don Harbert Enterprises, Inc.***

# SELF-EVALUATION CHECKLIST

PHYSICAL						
	Not like me at all		Just like me		+ or -	
1. I have written and specific physical goals..	1	2	3	4	5	_____
2. I am in good physical condition.	1	2	3	4	5	_____
3. I had a complete medical exam within the last year.	1	2	3	4	5	_____
4. I have a good exercise program.	1	2	3	4	5	_____
5. I get the appropriate amount of rest and relaxation.	1	2	3	4	5	_____
6. I have healthy diet and nutritional habits.	1	2	3	4	5	_____
7. I have a hobby that I am passionate about.	1	2	3	4	5	_____
8. I have an abundance of energy.	1	2	3	4	5	_____
9. I have good muscle tone.	1	2	3	4	5	_____
10. My vital signs are in an acceptable range.	1	2	3	4	5	_____
11. I have a low level of stress.	1	2	3	4	5	_____
12. Good physical health is important to me.	1	2	3	4	5	_____
<b>Insight Gained:</b>						

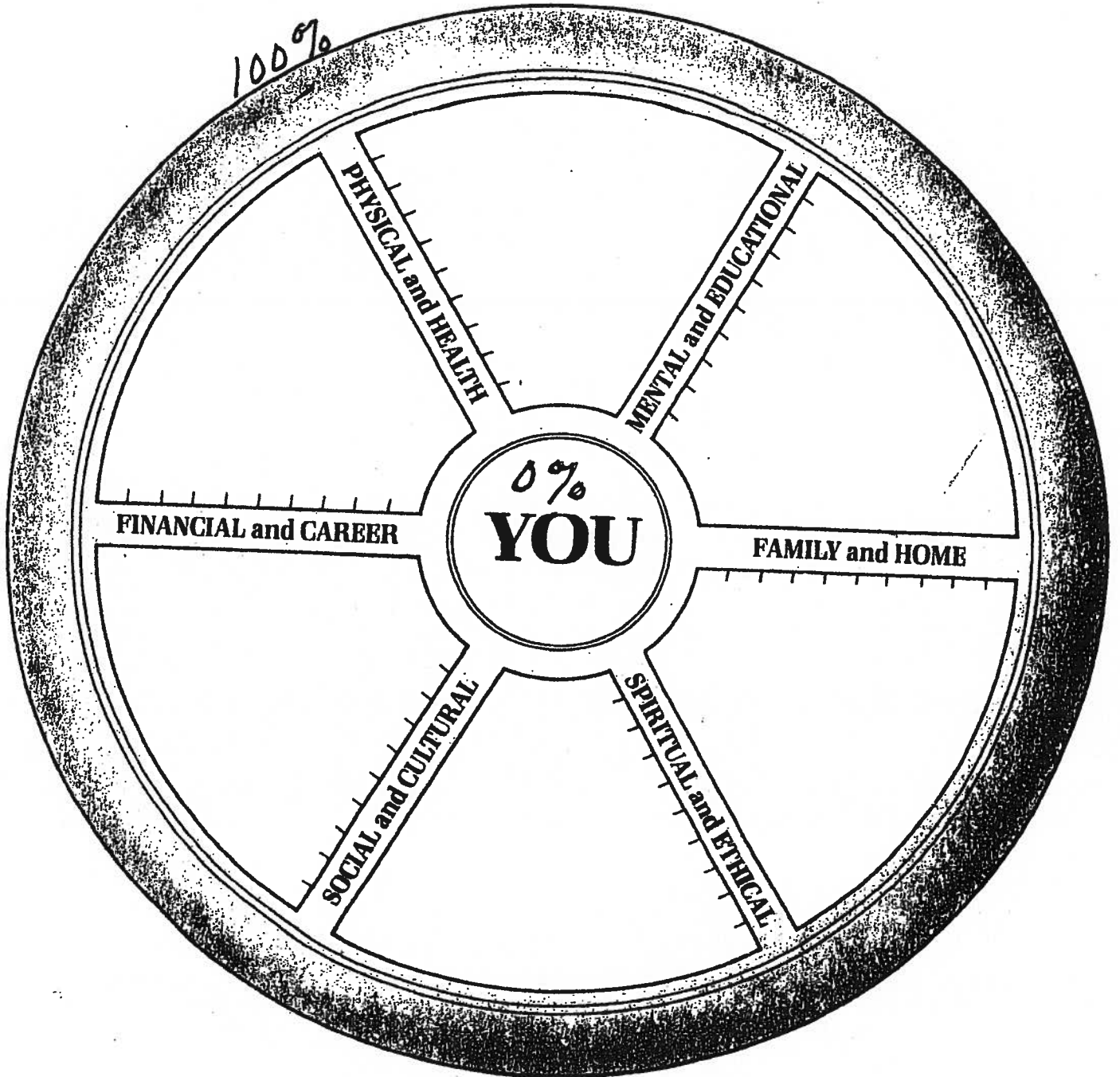
## Present Strengths – Physical:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

## As a result of this SEC, I will start a Goals Worksheet on the following goals:

- 1.
- 2.
- 3.

# The Wheel of Life







Order	Specific Action Steps for Achieving This Goal	Target Date	Date Reviewed	Date Completed

Who needs to know about this goal? \_\_\_\_\_  
 \_\_\_\_\_

Method of Tracking Progress \_\_\_\_\_  
 \_\_\_\_\_

Does this goal support my values? \_\_\_\_\_ Yes \_\_\_\_\_ No  
 Is it worth the time, effort, and money to reach this goal? \_\_Yes \_\_No \_\_Yes, but later.

AFFIRMATIONS TO SUPPORT THIS GOAL <i>Positive Statements to Raise Your Confidence</i>	VISUALIZATION	
	Items to Use	Where to Use Them

**NOTE: File in the Accomplishments section when goal is completed.**