

The Path

LIFework Renewal

Assessment

Date: _____

Training Area	Not a habit	Must force myself	Sporadic practice	Frequent practice	Now a habit
Quiet	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20				
Diet	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20				
Exercise	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20				
Learning	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20				

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