

YOUR RHYTHM OF LIFE SESSION SUMMARY SCORECARD

| The Rhythm of Life Scorecard | Physical | Emotional | Intellectual | Spiritual |
|------------------------------|----------|-----------|--------------|-----------|
| Session 1 | | | | |
| Session 2 | | | | |
| Session 3 | | | | |
| Session 4 | | | | |
| Session 5 | | | | |
| Session 6 | | | | |
| Session 7 | | | | |
| Session 8 | | | | |
| Session 9 | | | | |
| Session 10 | | | | |
| Session 11 | | | | |
| Session 12 | | | | |

YOUR RHYTHM OF LIFE SCORECARD

We will use The Rhythm of Life Scorecard as a part of The Dream Manager Program to help us make consistent progress on becoming a better-version-of-yourself through the Program experience.

Provide your initial reaction to your place in each one of the four areas: Choose a color status:

Green - on track and working well

Yellow - okay . . . but not quite where I want to be

Red - needs work and definitely not where I want to be

Today's Date: _____

| The Rhythm of Life Scorecard | | Red | Yellow | Green |
|------------------------------|--|-----|--------|-------|
| Physical | maintaining adequate rest, diet, and exercise | | | |
| Emotional | developing personal and professional relationships | | | |
| Intellectual | expanding the vision of our world and being a life-long learner | | | |
| Spiritual | developing a sense of peace and asking the question "Who am I and what am I here for?" | | | |

Physical Notes:

Emotional Notes:

Intellectual Notes:

Spiritual Notes: