

Catalyst Intention Sheet

GRADE YOURSELF (100 = highest score / 0 = lowest score)
ON THE QUALITIES LISTED BELOW:

Acceptance	Accomplishment	Accountability	Ambition	Authenticity
Awareness	Commitment	Communication	Compassion	Connectedness
Contentment	Cooperation	Courage	Creativity	Desire
Devotion	Dignity	Empowerment	Encouragement	Enthusiasm
Excitement	Faith	Friendships	Functionality	Generosity
Grace	Gratitude	Happiness	Honesty	Hope
Independence	Inspiration	Integrity	Kindness	Knowingness
Life Purpose	Love	Openness	Optimism	Passion
Patience	Peace	Power	Productivity	Relationship
Respect	Safety	Self-Esteem	Service	Trust
Understanding	Vitality	Wisdom	Work Ethic	Worthiness
Mental State	Physical State	Emotional State	Overall Attitude	Overall Behavior
Personal Life	Professional Life	Financial Life	Family Life	Spiritual Life
Social Life	Recreational Life	Love Life	Romantic Life	Sex Life

Continue on back >>>

Physical Appearance	Inner Satisfaction	Sense of Well-being	Sense of Fulfillment	Sense of Humor
Self-Confidence (Belief in Self)	Adaptability (Moving Well with Change)	Listening Ability	Interest in Growth & Development	Eagerness to Learn
Creative and Expressive Freedom	Handling of Responsibilities	Completion of Tasks	Use of Goals	Use of Vision (Visualization)
Listening to Body	Healthy Practices	Care of Self (Self-care)	Concern for Others	Social Skills
Life Enjoyment	Works Well with Others	Self-Motivation	Quiet Time	Quality of Interactions
Quality of Work	Quality of Relationships	Quality of Diet	Quality of Sleep	Quality of Life

Use the extra space provided below to add additional areas you choose to evaluate:
