

# The JSL Life Pyramid

Are you focused on what matters?

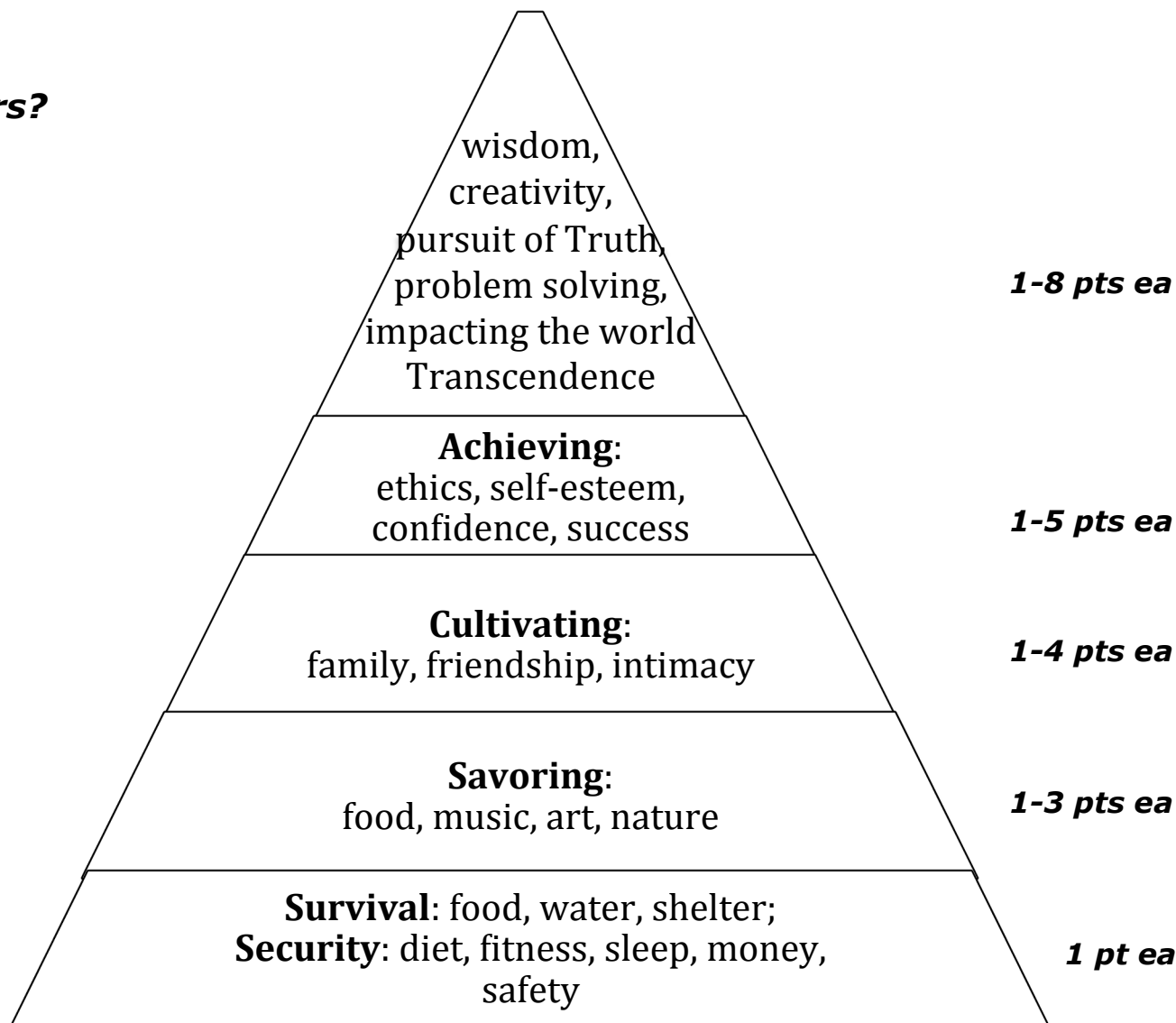
**PURPOSE & MEANING**

**SELF-RESPECT**

**LOVE**

**PHYSICAL**

**SURVIVAL + SECURITY**



## How are you doing?

Quick assessment: Check each area where you feel you are presently doing well. Circle any areas where you feel you could presently improve.

Detailed assessment: Use the point system on right side. **Highest possible score is 100.**

Plan your day and week accordingly. Repeat self-assessment monthly.



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