

ASSESSMENT

Please Select

- 3
- 2
- 1
- 0
- 1
- 2
- 3

PERSONAL SUSTAINABILITY ASSESSMENT

I look after my mental health regularly.
I'm happy the way I handle my emotions in ar
I seek counseling or accountability from a trus
I'm able to focus well and be mindful as I do n

I've enhanced my personal and professional v
I've obtained or am working toward the degre
I'm grateful to apply what I've learned, alignir

I live life to the fullest by wisely managing my
I'm happy with my physical health, fitness and
I feel genuinely confident in myself, having wo
My hobbies support a healthy, active lifestyle

I've developed good financial habits to save fo
I've made or explored new investments (e.g.,
I'm contributing to health insurance, life insur
I'm grateful to afford what I need and want wi
I allocate a portion of my income to charity an
I'm on track to achieving or have achieved fin

I maintain work-life harmony and effectively n
I seek leadership advice and mentorship to gu

I've achieved my major career goals, such as
I feel accomplished and fulfilled in my career,

I always plan my travels early and practically,
I try new activities at least once a month, whe
I feel fulfilled knowing that I'm giving back to i

I'm happy and content in my love life, actively
I cultivate and sustain meaningful, healthy rel
I actively participate in social activities and co

I challenge myself to bring my business ideas
I am proud of my business' achievements ove
I've increased my passive or recurring income

my situation.

sted friend, mentor, or a coach to keep my mindset and behaviour in check.
my work and personal activities.

alue by learning new skills from both free and paid sources.

e, license, or qualifications needed to advance my career or business.

ing it with my work and personal life, making both easier and more enjoyable.

r time around priorities aligned with my vision and sustainability goals.

d attributes (e.g. weight), achieved through a sustainable routine of exercise a
orked hard to discover, accept, and develop my authentic personality and unic
while enhancing my intellect, creativity, and social skills at the same time.

or the future and maintain a healthy cash flow.

real estate, stocks, etc.) in the past 6-12 months as part of my financial plans
ance, and pension plans for emergencies and retirement.

thin my means, bringing convenience, productivity, and enjoyment to myself
id generosity, finding fulfillment in helping others and making a difference.

ancial independence, providing freedom and security.

manage stress to keep it from impacting my personal life.

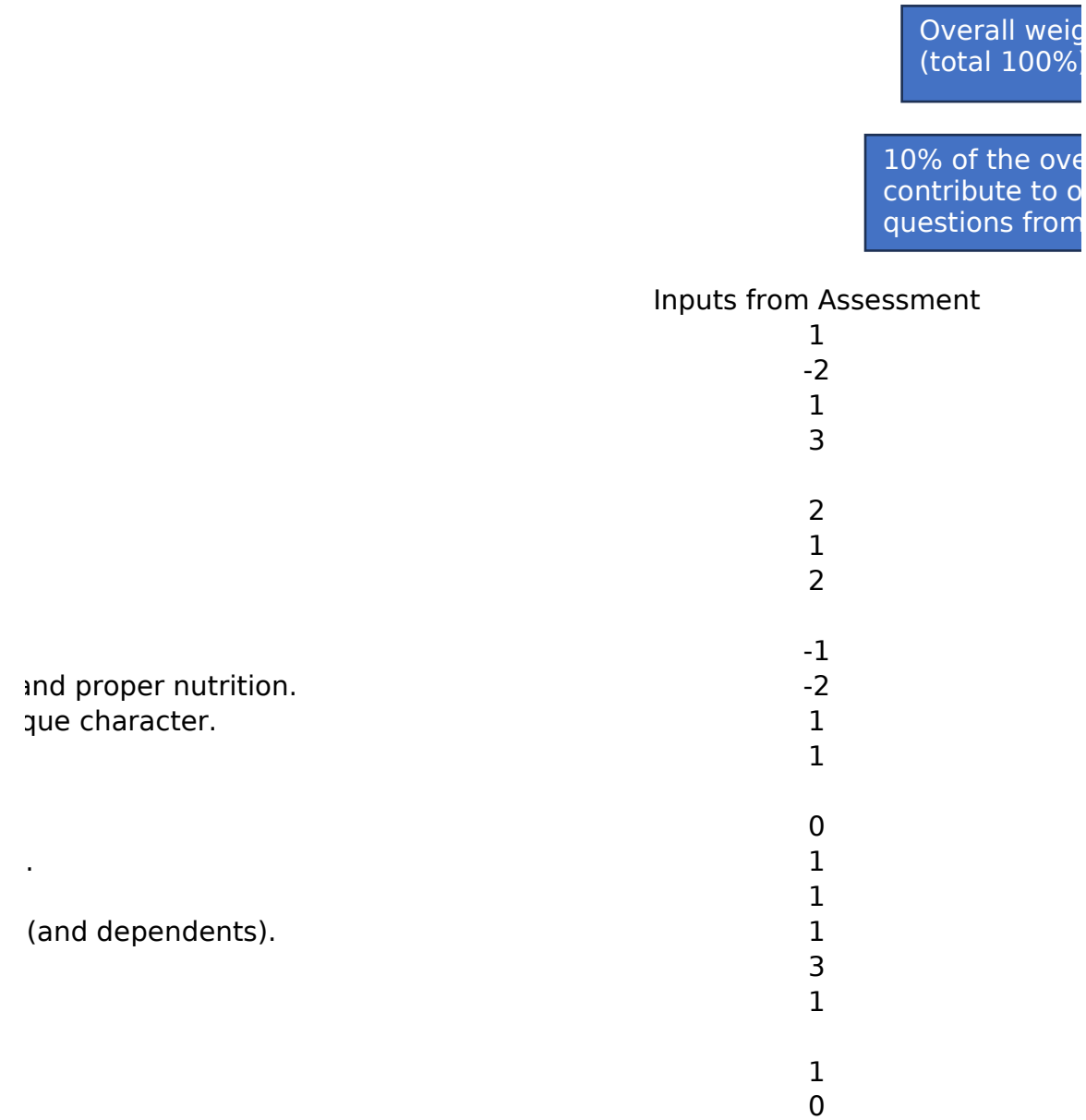
uide my career planning and advancement.

a role change, promotion, bonus, or salary increase, set within the last 12 months, reflected in completed projects, awards, recognitions, and positive feedbacks

allowing me to fully enjoy them without straining my finances and other priorities, whether spontaneously or from a bucket list, to fuel my creativity, curiosity, and connection to the world through social and environmental advocacies or charitable activities

/ investing in personal growth and nurturing my relationship with my partner. relationships with my family and friends. connect with communities of like-minded individuals.

to life, embracing the growth that comes with developing them, regardless of the past 6-12 months and its positive contributions to the economy, society, and myself. **! compared to 6-12 months ago, bringing me closer to financial sustainability.**



nts.	1
.	2
ities in life.	2
competitiveness.	3
s.	3
	3
	2
	1
f the outcome.	2
and environment.	3
	3

Maximum points (3 pts) prorated by overall weight placed on each theme.

Calculated inputs (below).

Themes	Max. Available Points
Spirituality	0.660
Career	0.240
Education	0.540
Avocation	0.150
Lifestyle	0.450
Relationships	0.600
Finances	0.540
Entrepreneurship	0.300

Weight for each theme

S
Theme Weight
22.00%

Overall weight
for other "linked"
themes.

Main Wt.

Contribution Wt.

19.80%

2.20%

SELF-CARE Themes

Spirituality
Spirituality
Spirituality
Spirituality

4.95%
4.95%
4.95%
4.95%

0.0495
-0.0990
0.0495
0.1485

Education
Education
Education

Lifestyle
Lifestyle
Lifestyle
Lifestyle

0.15%
0.15%
0.15%
0.15%

-0.0015
-0.0029
0.0015
0.0015

Finances
Finances
Finances
Finances
Finances
Finances

0.15%

0.15%
0.15%
0.15%
0.15%

0.0000

0.0015
0.0015
0.0044
0.0015

Career
Career

0.15%

0.0015

Career		
Career		
Avocation	0.15%	0.0029
Avocation		
Avocation	0.15%	0.0044
Relationships	0.15%	0.0044
Relationships	0.15%	0.0029
Relationships	0.15%	0.0015
Entrepreneurship		
Entrepreneurship		
Entrepreneurship		
Total Weight / Points	22.00%	0.1734

Calculated points based on user input at the bottom of the table

Results = Percentage of the calculated points from the max. available points per theme.

ASSESSMENT

Calc. Points	Results
0.173	26%
0.077	32%
0.279	52%
0.124	83%
-0.019	-4%
0.376	63%
0.133	25%
0.250	83%

E Theme Weight 18.00%		L Theme Weight 15.00%		F Theme Weight 12.00%
Main Wt. 16.20%	Contribution Wt. 1.80%	Main Wt. 13.50%	Contribution Wt. 1.50%	Main Wt. 10.80%
0.23%	0.0023	0.14%	0.0014	0.12%
0.23%	-0.0045	0.14%	-0.0027	0.12%
0.23%	0.0068	0.14%	0.0014	0.12%
0.23%	0.0068	0.14%	0.0041	0.12%
5.40%	0.1080			0.12%
5.40%	0.0540			0.12%
5.40%	0.1080	0.14%	0.0027	0.12%
		3.38%	-0.0338	0.12%
0.23%	-0.0045	3.38%	-0.0675	0.12%
		3.38%	0.0338	
		3.38%	0.0338	
0.23%	0.0000	0.14%	0.0000	1.80%
				1.80%
0.23%	0.0023	0.14%	0.0014	1.80%
		0.14%	0.0014	1.80%
0.23%	0.0023	0.14%	0.0014	1.80%

		0.14%	0.0014	0.12%
0.23%	0.0045	0.14%	0.0027	

18.00% 0.2790 15.00% -0.0188 12.00%

B		C		A	
Weight		Theme Weight		Theme Weight	
10%		8.00%		5.00%	
Contribution Wt.	Main Wt.	Contribution Wt.	Main Wt.	Contribution Wt.	Main Wt.
1.20%	7.20%	0.80%	4.50%	0.50%	
0.0012	0.09%	0.0009	0.05%	0.0005	
-0.0024	0.09%	-0.0018	0.05%	-0.0010	
0.0012				0.0000	
0.0036	0.09%	0.0027	0.05%	0.0015	
0.0024	0.09%	0.0018			
0.0012	0.09%	0.0009			
0.0024			0.05%	0.0010	
-0.0012					
-0.0024	0.09%	-0.0018	0.05%	-0.0010	
	0.09%	0.0009			
	0.09%	0.0009	0.05%	0.0005	
0.0000			0.05%	0.0000	
0.0180					
0.0180					
0.0180			0.05%	0.0005	
0.0540			0.05%	0.0015	
0.0180					
	1.80%	0.0180	0.05%	0.0005	
	1.80%	0.0000			

0.0012	1.80% 1.80%	0.0180 0.0360		
			1.50% 1.50% 1.50%	0.0300 0.0450 0.0450
	0.09%	0.0009		
0.1332	8.00%	0.0773	5.00%	0.1240

R
Theme Weight
20.00%

E
Theme Weight
10.00%

Main Wt.
18.00%

Contribution Wt.
2.00%

Main Wt.
9.00%

Contribution Wt.
1.00%

0.12% 0.0012
0.12% -0.0024
0.12% 0.0012
0.12% 0.0035

0.04% 0.0004
0.04% -0.0008
0.04% 0.0004
0.04% 0.0013

0.04% 0.0008
0.04% 0.0004

0.12% 0.0024

0.12% -0.0012
0.12% -0.0024
0.12% 0.0012
0.12% 0.0012

0.04% -0.0004
0.04% -0.0008
0.04% 0.0004
0.04% 0.0004

0.12% 0.0000
0.12% 0.0012
0.12% 0.0012
0.12% 0.0012
0.12% 0.0035
0.12% 0.0012

0.04% 0.0000
0.04% 0.0004
0.04% 0.0004
0.04% 0.0004
0.04% 0.0013
0.04% 0.0004

0.12% 0.0012

0.04% 0.0004
0.04% 0.0000

		0.04%	0.0004
		0.04%	0.0008
0.12%	0.0024		
		0.04%	0.0013
6.00%	0.1800	0.04%	0.0013
6.00%	0.1200	0.04%	0.0008
6.00%	0.0600	0.04%	0.0004
		3.00%	0.0600
		3.00%	0.0900
		3.00%	0.0900
20.00%	0.3765	10.00%	0.2504