What would you like to improve on

1. Body – 10BP
2. Mind –10MP
3. Soul – 10SP

BODY

1. How would you describe the things you do in your free time?
   1. Outdoor activities – 3BP
   2. Indoor activities -1BP
   3. A bit of both -2BP
2. How would you describe your sleep schedule?
   1. Early bird (sleep early, wake up early)-3BP
   2. Inconsistent (Sleep early sometimes but also sleep late at times)-2BP
   3. Night Owl (Sleep late, wake up late)-1BP
3. How would you define your eating habits?
   1. I follow a strict diet-3BP
   2. I watch what I eat and try to eat as healthily as possible-2BP
   3. I eat whatever I want-1BP

SPIRIT

1. Do you tend to overthink?
   1. Yes-1SP
   2. Sometimes-2SP
   3. No-3SP
2. Do you sometimes do something, and immediately regret it afterwards?
   1. Yes-1SP
   2. Sometimes-2SP
   3. No-3SP
3. Do you find yourself thinking about the “what-if’s” in life?
   1. Yes-1SP
   2. Sometimes-2SP
   3. No-3SP
4. Describe your ideal work setting
   1. Alone, no one to bother me-1SP
   2. Working in a big group, the more the merrier-3SP
   3. Working in a small group, some extra hands to help out-2SP

MIND

1. How would you describe your interests?
   1. Business-oriented-2MP
   2. Technology-oriented-3MP
   3. Art-oriented-1MP
2. Do you think about your future often?
   1. Yes, I like to be prepared-3MP
   2. Sometimes, but I try not to dwell on it-2MP
   3. No, I live in the moment-1MP
3. How would you describe your learning process?
   1. I am a fast-learner-3MP
   2. I am a slow learner-1MP