



Assessing Areas of Impact

Circle the level of impact your behavior has had on the different areas of your life: (1 being least impacted, 4 being most impacted)

Relationships	1	2	3	4
Work	1	2	3	4
Financial	1	2	3	4
Legal	1	2	3	4
Family	1	2	3	4
Education	1	2	3	4
Community	1	2	3	4
Physical Health	1	2	3	4
Emotional Health	1	2	3	4
Spirituality	1	2	3	4
Hobbies/Interests	1	2	3	4
Social Life	1	2	3	4
Character/Morals	1	2	3	4
Self-Esteem	1	2	3	4