

# REVIEW, RENEW & REFRESH

Grading	Exceptional (4 points)	Competent (3 points)	Needs Improvement (2)	Unsatisfactory (1 point)	Score
Review	Always know what my accomplishments have been, am clear on the lessons learned, and ready to move forward.	Mostly know what my accomplishments have been, mostly clear on the lessons learned, and mostly ready to move forward.	Sometimes review, not sure of the lessons but will move on without them when I am ready.	Rarely review, not sure of the lessons and not ready to look forward.	
Life Audit	Always look at the different parts of my life to see what is going well and what needs attention. Ready to look forward after taking stock of today.	Mostly look at the different parts of my life to see what is going well and what needs attention. Mostly ready to look forward after taking stock of today.	Sometimes look at the different parts of my life to see what is going well and what needs attention. Unsure of how to move on.	Rarely take stock of where I am, just busy surviving. Not looking forward, having enough trouble with today	
Looking Forward	Always think ahead to the next year. Clear on my aspirations and the steps I need to take to realise them.	Mostly think ahead to the next year. Mostly clear on my aspirations and the steps I need to take to realise them.	Sometimes think ahead to the next year. Not clear on my aspirations or the steps I need to take.	Rarely think ahead to the next year, having enough trouble with this one. No aspirations.	
Renewal	I always take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation, then I always commit them into my diary and action them.	I mostly take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation then I mostly commit them into my diary and mostly action them.	I sometimes take the time to decide on my renewal activities particularly exercise, nutrition, rest and meditation then I commit them into my diary, sometimes action them.	I rarely take the time to decide on my renewal activities, rarely commit to any, rarely action them.	
Change My Story	Always recognise my story, know the game behind the story, it's benefits and cost. I know the behaviour change that I need.	Mostly recognise my story, know the game behind the story, it's benefits and cost. I mostly know the behaviour change that I need.	Sometimes recognise my story and the game behind it. Not sure of the behaviour change that I need.	Rarely recognise my story. Don't see the need to change my behaviour. Others need to change.	
Chart My Path	Always set a realistic path to achieving my goals: know the milestones, the new practices and attitudes needed to get there and which to give up.	Mostly set a realistic path to achieving my goals: know the milestones, the new practices and attitudes needed to get there and which to give up.	Sometimes set a path to achieving my goals: know the milestones, not sure yet what I will need to do to get there.	Rarely set a path to achieving my goals: don't know the milestones, don't know what I will need to do to achieve my goals.	

Action Items

Final Score

/24