

**LIVING ROOM:** I have my life in order; I know what I want to do; my values are well-defined; my moral principles are clear; I am feeling good about myself and my lifestyle right now.

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**RECREATION ROOM:** I have a healthy balance in my schedule for leisure; I use my spare time purposefully—to restore my mind and spirit as well as my body. I am feeling good about my priorities and the way I use my time.

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**FAMILY ROOM:** I have a good relationship with my family. We have learned to talk about our differences; we deal with our conflicts; we “build up” one another when “outside weather” is a problem; I am feeling good about my family and enjoy being with them.

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**LIBRARY ROOM:** I have a balanced diet in my reading habits—for mental and spiritual stimulation as well as pleasure. I try to think for myself, to make my own decisions based on definite values and moral principles, and don’t just “cave in” to the pressure of my friends.

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**PHYSICAL FITNESS ROOM:** I try to keep in shape; to deal with flabbiness. I feel good about my manhood/womanhood and sexuality, but I do not let my sexual desires get the best of me. I can sleep nights and weather the “storms” without getting fatigued and depressed.

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**GUEST ROOM:** I have a good relationship with my friends and teammates. I enjoy being with people without feeling dependent upon them. I can belong to the crowd without accepting or bowing to their values. I can stand against social pressure to conform, yet am sensitive to open the door when someone needs a little warmth.

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