



The Core Conditioning Scorecard™

To help you clearly understand your current level of conditioning (**personal**, **financial** and **professional**), complete **The Core Conditioning Scorecard™**. Rate your reactions to each pair of phrases. Decide where you fit on the scale from 1 to 10. Add up your total from each column.

I don't have a clear vision for I want in my life nor a plan to get there.	1	2	3	4	5	6	7	8	9	10	I have a clear vision for what I want in my life & a plan to get there.
I am not happy with the progress I am making towards achieving what I want in my life .	1	2	3	4	5	6	7	8	9	10	I am happy with the progress that I am making towards achieving what I want in my life.
I am not on track to enjoy a comfortable retirement & to stay comfortably retired.	1	2	3	4	5	6	7	8	9	10	I am on track to enjoy a comfortable retirement & to stay comfortably retired.
My financial plan is disorganized, fragmented and out of date.	1	2	3	4	5	6	7	8	9	10	My financial plan is organized, integrated & current.
I am not getting the most out of what I am doing with my money.	1	2	3	4	5	6	7	8	9	10	I am maximizing what I am doing with my money and minimizing my mistakes .
I am worried and concerned about my future.	1	2	3	4	5	6	7	8	9	10	I feel excited and energized about my future.
My health & fitness & well-being is poor.	1	2	3	4	5	6	7	8	9	10	My health & fitness & well-being is excellent.
I am not happy with the current state and direction of my career (<i>or personal life if retired</i>).	1	2	3	4	5	6	7	8	9	10	I am happy with the current state and direction of my career (<i>or personal life if retired</i>).
I am dissatisfied with the financial advice/guidance I am currently receiving.	1	2	3	4	5	6	7	8	9	10	I am completely satisfied with the financial advice/guidance I am currently receiving.
I don't feel that I am living my life with passion & purpose	1	2	3	4	5	6	7	8	9	10	I feel I am living my life with passion & purpose.

Your Scorecard Total: _____