

S.E.T.S on \_\_\_\_\_ (date)

This is a quick audit to help you gauge your current sense of Safety, demands on your Energy and Time, and the quality of your Space (internal & external).

1. I feel in control of my life and how it is evolving:

Strongly Agree – Agree -- Don't know – Disagree -- Strongly Disagree

2. I feel financially secure (even if I lose my job):

Strongly Agree – Agree -- Don't know – Disagree -- Strongly Disagree

3. I feel the world is generally a safe place:

Strongly Agree – Agree -- Don't know – Disagree -- Strongly Disagree

4. List all the people with whom you can be and express all that you are without fearing rejection:

5. Most nights, I get \_\_\_\_\_ hours of restful sleep. When I wake up, I feel ready to start the day.

Strongly Agree – Agree -- Don't know – Disagree -- Strongly Disagree

6. I endure pain in the following areas of my body or my life:

7. List current ailments, diagnoses, medications (prescribed and over-the-counter), supplements:

8. I feel healthy and strong:

Strongly Agree – Agree -- Don't know – Disagree -- Strongly Disagree

9. On a scale of 1-10 (10 being highest), these are my current energy levels:

\_\_\_\_\_ physical    \_\_\_\_\_ emotional    \_\_\_\_\_ mental

10. I have enough time to accomplish what I **need** to get done each day:

Yes    No    Not Sure

11. Write down the average # of hours/day you spend on:

\_\_\_\_\_ Sleep    \_\_\_\_\_ Grooming    \_\_\_\_\_ Cooking/Meal prep/Eating

\_\_\_\_\_ Caretaking (children, pets, parents)

\_\_\_\_\_ Household chores & administration

\_\_\_\_\_ Paid Work    \_\_\_\_\_ Service (communities/church/non-profits etc.)

\_\_\_\_\_ Career development: learning/studying/networking etc.

\_\_\_\_\_ Exercise    \_\_\_\_\_ Leisure    \_\_\_\_\_ Socializing with family/friends

\_\_\_\_\_ Other: \_\_\_\_\_

12. I know where everything is and rarely spend time looking for things

Yes    No    Not Sure

13. When I'm at home, I feel (use as many adjectives as you like)...

14. My happy place is:



15. Please share any thoughts or feelings you might have about your sense of safety, energy levels, time commitments, or the quality the space you live in (can be your home, workplace, neighborhood etc.)

When you're ready to discuss how you can optimize your safety, energy, time, and space to support you on your growth journey, **schedule a free 1-hour exploratory session online** (<https://www.1000faces.me/book-online>) or e-mail [info@1000faces.me](mailto:info@1000faces.me).