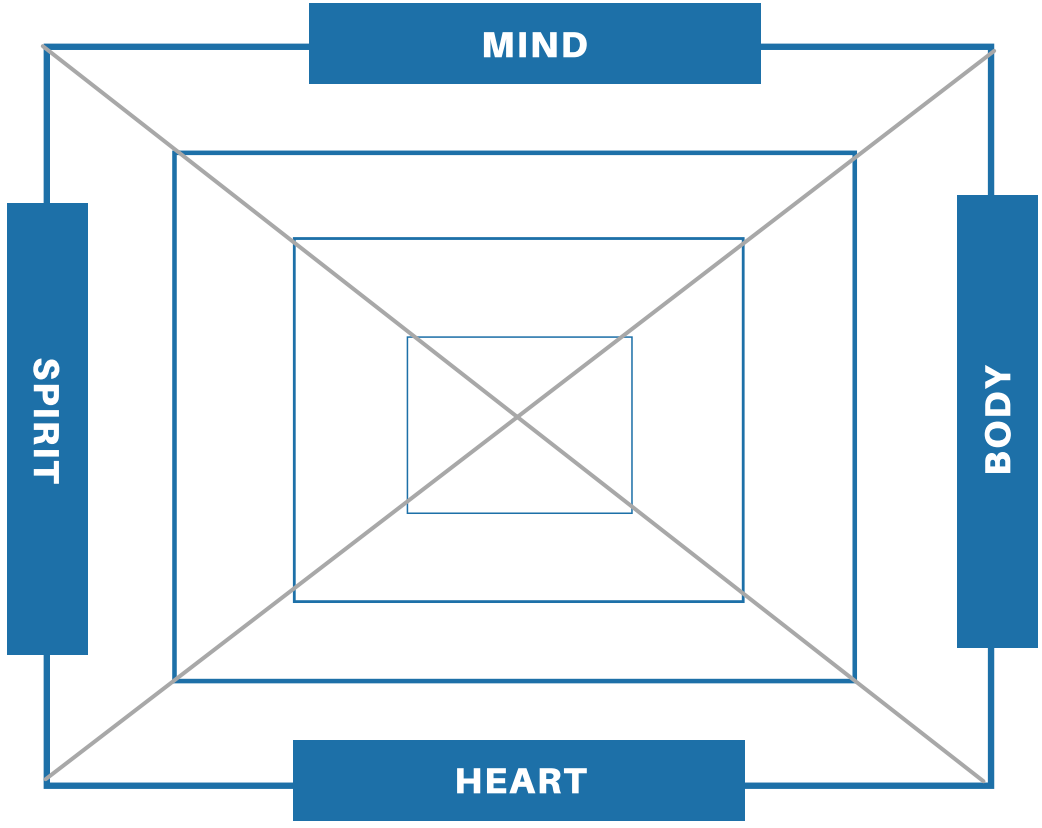
# FOUR DIMENSIONS ASSESSMENT

As a whole person, you consist of four dimensions: mind, heart, body, and spirit. Use this tool to assess how you are doing in each dimension.

Place a mark on the chart in each of the four areas based on how well you believe you are doing at taking care of that aspect of your life. A mark toward the center indicates that you are doing very well - you're on target. The further out on the chart that you place the mark, the lower your assessment.

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