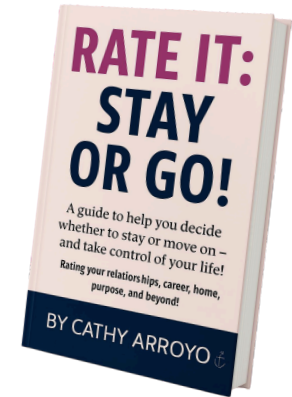




Rate It: Stay or Go! Worksheet

Chapter 1 - The System

In each chapter, you'll rate 10 categories. Each category includes three statements. Read them carefully and rate how true they feel to you. Your ratings from each chapter can be combined to get a score between 0 and 100, giving you a clear snapshot of how you feel in that area of your life.



Question	Chapter 2 Overall Satisfaction	Chapter 3 Romantic Relationships	Chapter 4 Family & Friend Relationships	Chapter 5 Job & Career Satisfaction	Chapter 6 Financial Security
1	Daily Life	Emotional Connection	Emotional Connection	Satisfaction & Fulfillment	Sense of Stability
2	Self-Worth	Trust & Safety	Trust & Reliability	Values & Alignment	Stress & Anxiety Around Money
3	Relationships & Social Life	Communication Quality	Communication	Relationships & Environment	Awareness & Clarity
4	Health & Energy	Compatibility & Shared Values	Mutual Respect & Boundaries	Compensation & Security	Savings & A Safety Net
5	Work & Purpose	Effort & Reciprocity	Support & Encouragement	Growth & Future Opportunities	Debt & Obligations
6	Financial Well-Being	Joy & Fulfillment	Effort & Reciprocity	Work-Life Balance & Well-Being	Freedom & Flexibility
7	Environment & Living Space	Physical & Intimate Connections	Influence on Well-Being	Autonomy & Control	Alignment With Values
8	Growth & Learning	Growth & Future Vision	Shared Values & Alignment	Impact & Contribution	Long-Term Planning
9	Freedom & Autonomy	Conflict & Repair	Conflict & Resolution	Learning & Feedback Culture	Communication & Transparency
10	Life Alignment & Contentment	Overall Peace & Alignment	Overall Value & Longevity	Job Fit & Strength	Overall Financial Peace
TOTAL					

Use this chart to translate your scores into meaningful language, helping you gain clarity on whether to stay or go.

Each chapter also includes reflection prompts, insights, check-ins, practical strategies, tools, and more!

Average Score			
0 - 39	40 - 69	70 - 89	90 - 100
Unhappy Time to reassess Make a change	Questioning Neutral Needs attention	Satisfied Happy Pretty good	Thriving Flourishing Just about perfect



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Question	Chapter 7 Where You Live Matters	Chapter 8 Purpose and Fulfillment	Chapter 9 Spiritual Life and Faith	Chapter 10 The Lighter Side of Life	Chapter 11 Retirement Readiness	Chapter 12 Your Legacy
1	Well-Being & Quality of Life	Introspection & Identity	Sense of Connection	Joy in Everyday Life	Financial Readiness	Sense of Purpose
2	Career & Opportunities	Values & Beliefs	Trust & Surrender	Playfulness & Spontaneity	Timing & Stage of Life	Impact On Others
3	Relationships & Support	Meaningful Contributions	Prayer & Reflection	Creative Expression	Emotional Readiness	Values & Integrity
4	Lifestyle Preference	Curiosity & Learning	Peace & Stability	Rest & Recreation	Purpose & After Retiring	Long-Term Perspective
5	Financial Reflections	Relationships & Connection	Meaning & Purpose	Travel & Exploration	Lifestyle Planning	Trust In The Future
6	Long-Term Goals & Vision	Joy & Everyday Fulfillment	Alignment with Values	Cultural Curiosity	Health & Wellness	Obligations & Stewardship
7	Emotional Readiness	Resilience & Strength	Community & Support	Connection Through Fun	Social Considerations	Resilience & Meaning
8	Timing & Logistics	Vision & Intentions	Growth & Curiosity	Inspired Living	Legacy Considerations	Contribution & Service
9	Stability & External	Balance & Boundaries	Resilience & Hope	Permission To Indulge	Flexibility & Hybrid	Life Alignment
10	Motivation & Intentions	Legacy & Impact	Spiritual Alignment	Alignment With Fun & Freedom	Identity & Growth	Legacy Alignment
TOTAL						