PERSONAL SYSTEMS EVALUATION

David B. Vasquez

Evaluate your personal systems: Red (not working), Yellow (needs improvement), Green (working fine)

AREA	R	Y	G
PERSONAL WELL BEING			
SPIRITUAL LIFE SYSTEM Disciplines, Bible-reading, prayer, journaling	○	○	○
MENTAL HEALTH & DEVELOPMENT SYSTEM Reading, writing, music, relaxation, news, morning pages, artist date	○	○	○
PHYSICAL HEALTH MAINTENANCE SYSTEM Exercise routine, medications, supplements, massage, doctor visits (primary care, specialists, eyes), dentist visits	○	○	○
RECREATION & ENTERTAINMENT SYSTEM Vacation, retreats, recreation, travel, movies and plays	○	○	○
AVOCATION, HOBBY SYSTEM Athletics, politics, hobbies	○	○	○
SUPPORT SYSTEMS			
GROOMING SYSTEM Bathing, shaving, clothing purchase, washing, ironing, haircut, nails	○	○	○
MEAL SYSTEM Menu planning, grocery shopping, food delivery, cooking, disposal routines, supplies, dish-washing	○	○	○
HOME MAINTENANCE SYSTEM Home maintenance (vacuuming, cleaning, gardening, watering schedule), home repair (painting), home improvement projects	○	○	○
TRANSPORTATION SYSTEM Vehicle maintenance (wash, clean, gas, registration, smog, mechanic visits, tire rotation, lubes, rentals, purchase/replacement)	○	○	○
FINANCE SYSTEM Bill-payment, banking, reconciliations, savings, investment allocation, stock trading, investment tracking, tax planning and records, insurance	○	○	○
DIGITAL MEDIA SYSTEM Computer maintenance, back-ups, software upgrades, archives (photos, scans), anti-virus, security	○	○	○
RELATIONAL SYSTEMS			
FAMILY CARE SYSTEM Daily de-brief, date nights, retreats, vacations, calls and visits to children, grandchildren, other relatives	○	○	○
PERSONAL MINISTRY SYSTEM Group life, mentoring, volunteering, encouragement cards, care	○	○	○