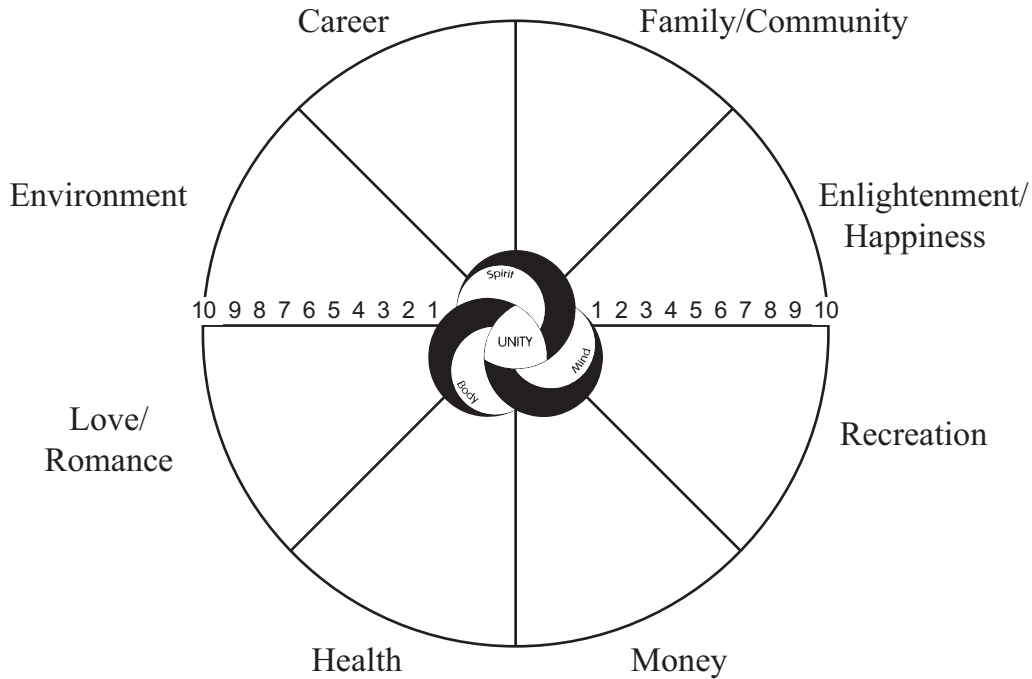
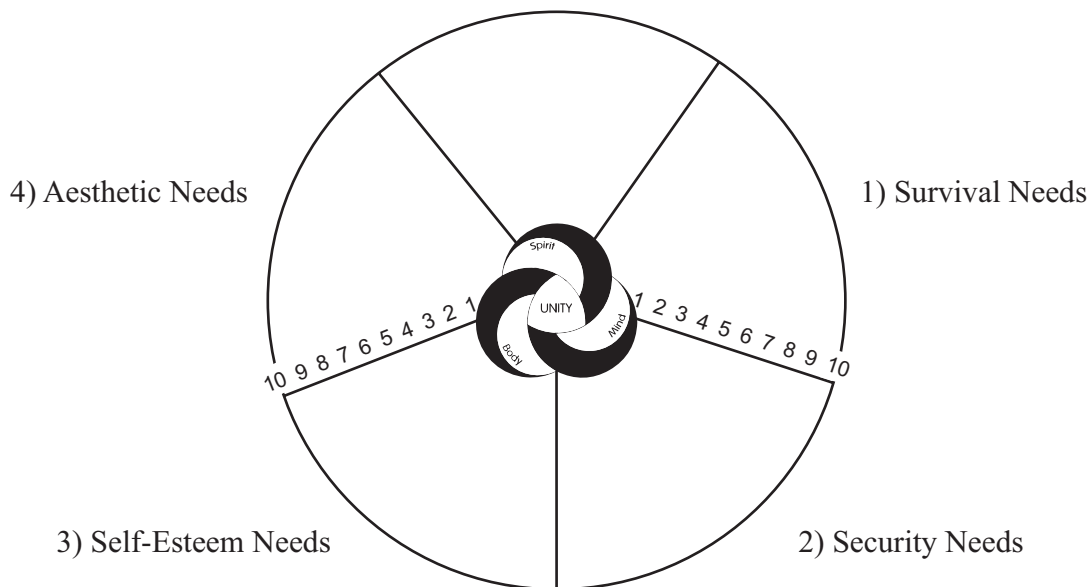


# ***HEALTH OPTIMIZING INSTITUTE*** ***FULLNESS OF FULFILLMENT***



**On a scale of one to ten, with ten being perfect, where are you in your life?**  
***INSTRUCTIONS:*** Write a number at the center of each section that shows where you are. Draw an arc and fill in the numbered area. Then continue with the circle below.

### 5) Altruistic Needs



**“Aspiring to Living life at Ten...**

*...usually accomplished at an enrichment circle serendipity experience.”*

NAME \_\_\_\_\_

DATE \_\_\_\_\_



## **OPTIMAL HEALTH ASSESSMENT**

Answering the following questions will put you on your path to what we believe is life's greatest adventure and celebration. There are no wrong answers.

1. Relationships play a major role in shaping who we are. What is the most important thing you are now learning from your most important relationship?
  
2. Our power is released in proportion to our dedication. What is your strongest dedication now?
  
3. Do you believe it is possible for you to create your highest vision for yourself and humanity?
  
4. If you said "I am now the proud possessor of my greatest desire," what would it be?
  
5. What are the characteristics of enlightenment?