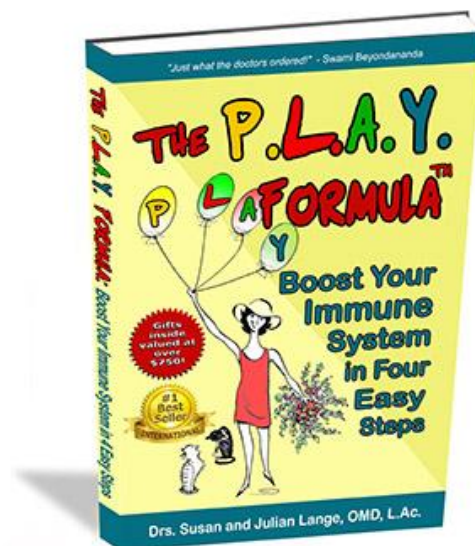


MY PERSONAL “LIFE RATER”



from

The P.L.A.Y. Formula™

Drs. Susan and Julian Lange, OMD, L.Ac.

YOUR PERSONAL "LIFE RATER"

Print these pages out and fill them in. Circle the number that best reflects how you feel about the item on the left: 1 (I hate it, it depresses me) to 5 (I love it, I feel wonderful and uplifted when I look at it or engage with it).

HOME:

Home overall	1	2	3	4	5
Bed	1	2	3	4	5
Furniture	1	2	3	4	5
Bathroom	1	2	3	4	5
Plants	1	2	3	4	5
Entertainment System	1	2	3	4	5
Sound System	1	2	3	4	5
Couch	1	2	3	4	5
Kitchen	1	2	3	4	5
Kitchen Table	1	2	3	4	5
Appliances	1	2	3	4	5
Fridge	1	2	3	4	5
Floors, Rugs	1	2	3	4	5
Lighting	1	2	3	4	5
Den	1	2	3	4	5
Spare Room	1	2	3	4	5
Garage	1	2	3	4	5
Outside Your Home	1	2	3	4	5
Landscaping	1	2	3	4	5
Fresh Air	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

YOUR PARTNER:	1_____2_____3_____4_____5
Responsive	1_____2_____3_____4_____5
Fun	1_____2_____3_____4_____5
Sexy	1_____2_____3_____4_____5
Alive	1_____2_____3_____4_____5
Full Of Life	1_____2_____3_____4_____5
Knows How to Love You	1_____2_____3_____4_____5
And Does It	1_____2_____3_____4_____5
Appearance	1_____2_____3_____4_____5
Personal Hygiene	1_____2_____3_____4_____5
Habits	1_____2_____3_____4_____5
You Feel Deeply Safe Around Him/Her	1_____2_____3_____4_____5
Knows How to Please You In Bed	1_____2_____3_____4_____5
Can Accept Your Love	1_____2_____3_____4_____5
Listens	1_____2_____3_____4_____5
Loves To Laugh	1_____2_____3_____4_____5
Makes Time For The Two of You	1_____2_____3_____4_____5
Puts the Relationship First	1_____2_____3_____4_____5
Handles Money Well	1_____2_____3_____4_____5
No Passive Aggression	1_____2_____3_____4_____5

FRIENDS:	1	2	3	4	5
Supportive	1	2	3	4	5
You Have Fun Together	1	2	3	4	5
Make You Laugh	1	2	3	4	5
You Can Call Them At 3:00 a.m.	1	2	3	4	5
You Trust Them With Your Life	1	2	3	4	5
They Don't Have Endless Drama	1	2	3	4	5
They Believe In You	1	2	3	4	5
They Can Take Care Of Themselves	1	2	3	4	5
They Listen To You	1	2	3	4	5
High Integrity	1	2	3	4	5
You Don't Have To "Manage" Any Part of Them	1	2	3	4	5
Thoughtful	1	2	3	4	5
They Make Time For You	1	2	3	4	5
Appearance	1	2	3	4	5
Have Values You Agree With	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
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_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

ENTERTAINMENT:

	1	2	3	4	5
TV	1	2	3	4	5
Phone	1	2	3	4	5
Tablet	1	2	3	4	5
Music	1	2	3	4	5
Sports	1	2	3	4	5
Games	1	2	3	4	5
Dancing	1	2	3	4	5
Mini-Vacations	1	2	3	4	5
Big Vacations	1	2	3	4	5
Plays	1	2	3	4	5
Concerts	1	2	3	4	5
Art Galleries	1	2	3	4	5
Playing Music	1	2	3	4	5
Book Clubs	1	2	3	4	5
Nights out with friends	1	2	3	4	5
Clubs: dance, bridge...	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

HEALTH & FITNESS:	1	2	3	4	5
Health PLAN	1	2	3	4	5
Hair	1	2	3	4	5
Energy	1	2	3	4	5
Joy of Life	1	2	3	4	5
Sleep	1	2	3	4	5
Exercise	1	2	3	4	5
Toned Muscles	1	2	3	4	5
Vitamins/Supplements	1	2	3	4	5
Healthy Foods	1	2	3	4	5
Comfort Foods	1	2	3	4	5
Emotional Health - Good mood	1	2	3	4	5
Mental Health – Optimistic	1	2	3	4	5
Spiritual Health	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
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_____	1	2	3	4	5
_____	1	2	3	4	5

LOOK/STYLE: 1____ 2____ 3____ 4____ 5

Hair Style 1____ 2____ 3____ 4____ 5

Nails 1____ 2____ 3____ 4____ 5

Pzazz 1____ 2____ 3____ 4____ 5

AND CLOTHES: 1____ 2____ 3____ 4____ 5

Color 1____ 2____ 3____ 4____ 5

Fit 1____ 2____ 3____ 4____ 5

Design 1____ 2____ 3____ 4____ 5

Comfort 1____ 2____ 3____ 4____ 5

Flattering 1____ 2____ 3____ 4____ 5

The Image You Project At Work 1____ 2____ 3____ 4____ 5

The Image You Project At Home 1____ 2____ 3____ 4____ 5

The Image You Project At Play 1____ 2____ 3____ 4____ 5

Comfort Clothes 1____ 2____ 3____ 4____ 5

Dress-Up Clothes 1____ 2____ 3____ 4____ 5

Your Favorite Piece of Clothing 1____ 2____ 3____ 4____ 5

Shoes 1____ 2____ 3____ 4____ 5

Pajamas 1____ 2____ 3____ 4____ 5

Underwear 1____ 2____ 3____ 4____ 5

Hats? 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

_____ 1____ 2____ 3____ 4____ 5

WORK:	1	2	3	4	5
Income	1	2	3	4	5
Boss or manager	1	2	3	4	5
Commute	1	2	3	4	5
Work hours	1	2	3	4	5
Co-workers	1	2	3	4	5
Colleagues	1	2	3	4	5
Your Team	1	2	3	4	5
Employees	1	2	3	4	5
Sales, if you sell	1	2	3	4	5
Desk	1	2	3	4	5
Laptop	1	2	3	4	5
Lights	1	2	3	4	5
Air	1	2	3	4	5
Space	1	2	3	4	5
View	1	2	3	4	5
Food	1	2	3	4	5
Clients or customers	1	2	3	4	5
Marketing (if applicable)	1	2	3	4	5
Day Job	1	2	3	4	5
Dream Job	1	2	3	4	5
Assistants	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

FOOD:	1	2	3	4	5
Breakfast	1	2	3	4	5
Breakfast drink	1	2	3	4	5
Morning snack	1	2	3	4	5
Lunch	1	2	3	4	5
Beverage	1	2	3	4	5
Afternoon snack	1	2	3	4	5
Dinner	1	2	3	4	5
Wine, beer or liquor	1	2	3	4	5
#1 Comfort food	1	2	3	4	5
#2 Comfort food	1	2	3	4	5
#3 Comfort food	1	2	3	4	5
Comfort Food Guilt?	1	2	3	4	5
Midnight Snacks	1	2	3	4	5
Dining out – upscale	1	2	3	4	5
Dining out – cafes	1	2	3	4	5
Take-out	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

PROFESSIONALS:	1	2	3	4	5
Doctor	1	2	3	4	5
Doctor	1	2	3	4	5
Dentist	1	2	3	4	5
Acupuncturist	1	2	3	4	5
Naturopath	1	2	3	4	5
Nutritionist	1	2	3	4	5
Spiritual counselor	1	2	3	4	5
Therapist	1	2	3	4	5
Financial Planner	1	2	3	4	5
Attorney	1	2	3	4	5
Accountant	1	2	3	4	5
Fitness Trainer	1	2	3	4	5
Yoga Teacher	1	2	3	4	5
Masseuse	1	2	3	4	5
Hairdresser	1	2	3	4	5
Manicurist	1	2	3	4	5
Gardener	1	2	3	4	5
Housekeeping	1	2	3	4	5
Handyman	1	2	3	4	5
Vendor	1	2	3	4	5
Vendor	1	2	3	4	5
Vendor	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5

FAMILY:	1	2	3	4	5
Spouse/Partner	1	2	3	4	5
Parents	1	2	3	4	5
Step parents	1	2	3	4	5
In-laws	1	2	3	4	5
Kids	1	2	3	4	5
Step kids	1	2	3	4	5
Sibling	1	2	3	4	5
Grand Parents	1	2	3	4	5
Extended family	1	2	3	4	5
Aunts & uncles	1	2	3	4	5
Cousins	1	2	3	4	5
Nieces & nephews	1	2	3	4	5
Ex-relations	1	2	3	4	5
Ex-partner/s	1	2	3	4	5
Other Ex's	1	2	3	4	5
Pets	1	2	3	4	5
Others	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
_____	1	2	3	4	5
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_____	1	2	3	4	5
_____	1	2	3	4	5

And last but very important:

SENSE OF LIFE PURPOSE:	1____2____3____4____5
Connection with self	1____2____3____4____5
Connection with higher power	1____2____3____4____5
Your connection with others	1____2____3____4____5
Spiritual direction & pursuits	1____2____3____4____5
Appreciation of life	1____2____3____4____5
Doing what you LOVE	1____2____3____4____5
Focus and goals to move forward	1____2____3____4____5
Self-acceptance	1____2____3____4____5
Self-motivation	1____2____3____4____5
Being of service	1____2____3____4____5
Helping others in need	1____2____3____4____5
Exploring new things	1____2____3____4____5
Giving to those in need	1____2____3____4____5
Optimistic	1____2____3____4____5
Adventurous	1____2____3____4____5
Connection to something greater than yourself	1____2____3____4____5
Community/civic involvement e.g. politics, arts, church etc.	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5
_____	1____2____3____4____5

Phew!

How did you do?

Well done!

Give yourself a pat on the back for filling all this out!



Now that you have a clearer sense of how things rate in your life, you can use this information to make the changes needed... and move towards a more fulfilling, satisfying and more playful life!

The more you de-clutter and upgrade your life, the less your energy is wasted on things that drain you. Now you can focus on healing and thriving.