



Raising HOPE Progress Scale

Name:

Date:

Stable Environment	Rarely (0-20%)	Sometimes (20%-50%)	Most Times (50%-90%)	Always (90+%)
1. I have access to reliable transportation				
2. I have a reliable working cell phone				
3. I have access to a reliable computer				
4. I live in a home that's adequate for my needs				
5. I live in a safe neighborhood				
6. My personal files, papers & receipts are organized/easy to access				
7. My environment is inspiring/ organized				
Additional Comments:				
Health/ Emotional Balance	Rarely (0-20%)	Sometimes (20%-50%)	Most Times (50%-90%)	Always (90+%)
1. I have a regular physical exam every 2 years				
2. I have a regular eye exam every 2 years				
3. I have a regular dental exam every two years				
4. I have unhealthy habits (smoking, etc)				
5. I eat well				
6. I exercise regularly				
7. I am aware of emotional stress in my life				
8. I take care of my emotional stress regularly/ positively				
9. I have a rewarding life beyond my work/ job				
10. I feel safe				
11. I like who I am				
Additional Comments:				



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Financial Independence	Rarely (0-20%)	Sometimes (20%-50%)	Most Times (50%-90%)	Always (90+%)
1. My income covers my expenses				
2. I pay my bills on time				
3. I live on a weekly budget that allows me to save				
4. I have a plan for my financial future				
5. I work on developing my skills & talents				
6. I go to school , take classes or on-line courses				
7. I am satisfied with my current job				
Additional Comments:				
Rich Relationships	Rarely (0-20%)	Sometimes (20%-50%)	Most Times (50%-90%)	Always (90+%)
1. I tell people in my life I love them				
2. I communicate with others and am understood				
3. I walk away from relationships in my life that damage me				
4. I tell people when they are offending me				
5. I get along with the people I work with				
6. I take responsibility when I am wrong				
7. I say I am sorry				
8. People can count on me				
9. I return emails and phone calls				
10. I have a circle of people who appreciate me for what I am rather than what I do for them				
11. I share & help others financially or with my skills, energy, or compassion				
Additional Comments:				