

MATURITY SCORECARD/SAMPLE EXPLORATORY QUESTIONS

ROLES FOR GREATEST IMPACT ON THE MATURE LIFE	Health <i>"current fitness and desired health"</i>	Education <i>"I know and need to learn"</i>	Personal Development <i>"I am and desire to be"</i>	Financial <i>"I have and desire to have"</i>	Environment <i>"I live and desire to live"</i>	Family/Friends <i>"I belong and desire to belong to"</i>	Spirituality <i>"I believe and desire to learn to believe/understand"</i>	Recreation <i>"I play and desire to play"</i>
Chapter 1 Role of Maturity <i>"no more excuses"</i> <i>"courageous conversations"</i>	Partake in all required procedures tests? Follow directions of doctors/medical professionals?	Sought highest formal and informal educational opportunities? Sought information on the topics you are not knowledgeable about?	Develop a plan that spans anticipated life? Ask for feedback from others about how you are performing in your role in their life?	Have budget and keep to it – evaluate income vs. expenses vs. savings/investments? Plan for the future?	Home as hospitable and habitable as can afford? Conversations with others about the toxicity of my home and work environments?	Contact and conversations with all members of family and friends? Review performance as a family member or friend with others?	Seek guidance from higher power? Place life under higher power's direction and control?	Play safe? Plan for recreation opportunities with some frequency?
Chapter 2 Role of Universal Love <i>"love others unconditionally"</i>	Seek to ensure that self and others have access to health and wellness options? Seek to ensure that self and all are aware of health information?	Work to afford education to the underprivileged? Mentor/sponsor a day care center or school?	Look for ways that are win-win situations for all? Implement options that have little or no benefit to you?	Provision for others less materially provided for? Avail financial literacy materials and information to non traditional recipients of this information?	Open home to others? Welcoming of others who are different from self and background?	Gracious to all you come in contact with? Family and friends are diverse and unlike self?	Invite others to explore your spirituality? Reach out to members of your spiritual community in time of need?	Recreate with people you know and don't know? Willingness to learn sports not normally engaged in?
Chapter 3 Role of Fellowship <i>"on my own but not alone"</i>	Talk to others about health issues? Follow directions of doctor/medical professionals?	Partner with others in the pursuit of knowledge? Share knowledge gathered with others?	Involvement with partners that support your dreams? Feedback opportunities with others?	Accountant or financial professional review plans? Discuss goals and plan with significant others?	Ask for feedback about the comfortability of home and work environments? Ask for help to make environments better?	Sharing life's journey with others? Quality time spent with family and friends?	Share successes and challenges with spiritual community? Seek support to better understand higher power's beliefs and values?	Practice good sportsmanship? Competitiveness on appropriate or inappropriate levels?
Chapter 4 Role of Reflection <i>"take time so I know who I be"</i>	Journal lifetime health issues? Think about ways to improve health status?	Journal education pursuits and information learned? Track circumstances where learning was most effective and efficient?	Outline of life journey – people, places, and things attained and lost? Aware of FEARS and DREAMS – how to decrease and increase respectively?	Multi year review of financial transactions? Discuss successes and challenges with significant others?	Envision the future based on liberties taken today? Explore ways to be friendlier to the environment?	Document family and friends history/timeline? Talk with others about old times/lessons learned – time enjoyed?	Daily Meditation and/or prayer opportunities? Compare self to highest ideals of spiritual beliefs to examine for growth opportunities?	Examine losses and winnings for insight into what to do or not to do in the future? Explore other recreation options?

Scorecard Legend:

1 – Need significant improvement

5- Average

10 – Mature

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Chapter 5 Role of Promptness <i>“today is here make the most of it”</i>	Follow medicine or exercise regimen? Make and attend appointments as required/scheduled?	Complete assignments in specified time period or before? Develop and maintain a schedule of knowledge attainment?	Actualize steps toward goals and dreams daily? Celebrate the small and large successes?	Pay bills on time or ahead of schedule? Live below means – as a mechanism for saving – room in budget to pay yourself first?	Dispose of items in a timely manner? Only purchase usable materials – excess is avoided?	Be there for family and friends? Celebrate milestones with family and friends as they occur?	Take advantage of opportunities to celebrate spirituality? Arrival time at spiritual occasions?	Keep to schedule of exercise? Honor commitments made to others about participation in recreation events?
Chapter 6 Role of Pristineness <i>“everything has a home and it all isn’t with me”</i>	Maintain all health records in some order? Keep self in clean and well maintained fashion?	Maintain and organize collection/knowledge center? Maintain materials in a manner that can be passed on to another person or entity?	Own your own issues and not anyone else’s – do you? Difference between empowerment and enabling?	Maintain financial records/receipts? Financial affairs are private information?	Place garbage and other debris in respective containers? Recycle, conserve, and reuse?	Able to separate personal issues from family and friend’s issues? Know and remember intimate nuances about family and friends?	Dress attire at spiritual events? Accept responsibility for the amount of life burdens on self and others?	Right equipment for recreation opportunity? Responsibility for recreation rests solely with you?
Chapter 7 Role of Particular Methods <i>“no shortcuts”</i>	Follow all health instructions according to specified frequency/schedule?	Complete assignments according to the instructions? Learns form the documented successes and challenges from others?	Complete the heavy lifting required of personal change without altering substances? Blame others?	Borrowing monies and resources from others - payday and/or title loans? Cheating on taxes and/or other obligations?	Turn off unneeded resources? Use of products for their stated purpose?	Deal with family and friends in uplifting manner? Shaft responsibilities to family and friends?	Follow teaching of spiritual community/higher power? Amount of time devoted to teachings and celebrations of spirituality?	Follow rules or make new ones as you go along? Exercise for less than the time agreed to?
Chapter 8 Role of Accountability and Responsibility <i>“to do the right thing because the right thing is the thing to do”</i>	Ensure others are aware of relevant health information? Provide complete and accurate information to health professionals?	Follow specified rules and timetables? Pursue highest score and/or recognition possible?	Own successes and/or challenges/failures? Give credit where credit is due?	Pay taxes due? Tip service personnel relevant to their services?	Contract to go “greener”? Participate in environmental report card?	Ask others to lie and or cheat on behalf? Embrace role and responsibilities with family and friends?	Conversations with others about “performance” as a spiritual being? Following of “commandments” of faith?	Open to constructive criticism? Give proper recognition to other’s skills and talents?