**In What Areas of My Life do I Set High Standards?**

| *Area* | *Is this standard flexible and achievable? (Yes/No)* | *Standard I set for myself* |
|---|---|---|
| Performance at work/school | | |
| Grooming & Personal Hygiene | | |
| Organization & Ordering | | |
| Close Relationships | | |
| Sport | | |
| Eating/Shape/Weight | | |
| Housework/Cleaning | | |
| Health & Fitness | | |
| Other Area: | | |