

**Habitbusters Ltd.**  
Health and Lifestyle Assessment (Part 2)

**Relationship Health**

List 3 things you believe are essential to a healthy relationship:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Based on the criteria you said were essential, and the way each person typically makes you feel, rate your current relationships by listing the names of the people you have in each category, and then checking off the appropriate box beside their name.

Be especially honest in your assessment of their current affect on you. When you have rated them all, give yourself a score out of 100 for the overall health of your relationships.

Business Associates	Healthy For Me	Neutral To Me	Unhealthy For Me
1.			
2.			
3.			
4.			
5.			
Friends			
1.			
2.			
3.			
4.			
5.			
Family Members			
1.			
2.			
3.			
4.			
5.			
Spouse / Mate (if applicable)			
1.			

**Total =** \_\_\_\_\_