



**Sphere Graph
Characteristics**

Sphere Graph	Score	Definition
Energy	9.6	To have vitality and stamina
Optimistic	9.5	The tendency to believe the future will be positive
Economizing	8.6	The tendency to save and invest to ensure a better financial future
Moderate Eating	8.5	To eat a moderate or healthy amount of food
Content	8.2	To be content with your life
Resolute	8.2	The tendency to follow virtuous principles
Self-Care	8.1	To do the necessary things to fulfill your needs
Light-hearted	7.6	The tendency to be cheerful
Responsible	7.5	The tendency to fulfill your obligations
Diligent	7.5	To apply self-discipline to complete a task or project
Directness	7.4	To communicate openly and straightforwardly
Reverent	7.1	To respect and learn from people who have wisdom
Empowered	6.7	The sense of being able to accomplish what one wants
Fair Minded	6.6	To strive to be equitable
Acknowledging	6.4	To express your awareness of the strengths and accomplishments of others
Forgiving	6.4	To let go of resentments when you are mistreated
Self-Correcting	6.4	To reflect on and improve your thoughts and actions
Healthy Diet	6.1	To take care to eat healthy food
Enjoys Work	6.0	To experience fulfillment from your career
Mindful	5.6	To be attentive to potential problems
Exploring	5.6	To explore you own understanding of life
Spending	5.4	The willingness to spend money on things that are fulfilling
Stress Management	4.8	The tendency to be relaxed and manage stress well when it occurs
Self-Accepting	4.7	To like yourself the way you are
Discerning	4.6	To trust others according to their observed behaviors
Restful	4.5	To maintain a sufficient amount of relaxation and sleep
Ambitious	4.3	To take responsibility for your financial well-being and financial security
Accepting Others	4.2	To accept others the way they are
Exercising	3.3	To support your health with regular physical exercise
Helping	2.5	To extend kind-hearted help to others

Emotions

Score Definition

Anger	9.1	The tendency to become irritated or angry
Joyful	7.8	The tendency to feel elated or happy
Fearful	6.7	The tendency to exhibit fear

Other

Score Definition

Life purpose	10.0	The tendency to feel a sense of purpose related to what you are doing in your life.
Substance Free	9.2	To refrain from using substances that impair your health
Strong Immunity	4.2	To have a strong protection from sickness