

**RUT**BUSTER

## Personal Life Assessment Program

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The 7 Essentials of Wholeness



### The 7 Essentials of Wholeness



If you are human, at some point you have been in a Rut. A rut is a habit or pattern of behavior that has become dull and un-productive but is hard to change. Do you even remember your old New-Year's-Resolution? Some of you do and probably crushed it by knocking it out of the park! Congrats! That's awesome. The rest of us did not loose the weight, tone the abs, take the course and on and on! Now we face the daunting task of deciding - do I set a new one?

Who am I and what makes me qualified to help you bust out of your Rut? I am a Psychiatrist double Board Certified in General Psychiatry and Addiction Psychiatry. I see first hand where Rut(s) can take people and the opportunity to help people bust out of their Rut(s) is one that excites me.

I want to introduce you to a non-clinical tool that may help you clarify the areas of your life that deserve greater attention as you make plans to improve your life.

The Rut Buster allows you to rate areas of your life on a scale from 0-5 so that you can maximize focus on the areas of your life that you want to do more work in.

Stay tuned for a video tutorial explaining further how you can use the Rut Buster.

The most you can score is 50.

Leave me a comment regarding the value of the grid at [Doctorwhyte@gmail.com](mailto:Doctorwhyte@gmail.com). You can refer others to download the grid at [Drricardowhyte.com](http://Drricardowhyte.com).

The areas in which you score the lowest are the areas that you can put some effort into making changes to increase your satisfaction and therefore your score. If you take this into a Therapist's office there is a good chance they will chase you out and tell you not to come back. Just kidding. But what is more helpful is for you to notice your low score and go into the therapist's office and say, "I'm noticing that I am not as satisfied with my romantic relationship as I would like. I could use your help in in that area."

To further help you get a handle on it I would also very strongly encourage you to get a journal and reflectively journal on the areas that are the most problematic in order to really clarify the nature of your dissatisfaction. Don't waste time in therapy. Make the most of it. This is a tool that I think can be very helpful to you.

One super important thing. The score you give yourself for balance is super important! Some people are great in 1 area but not another. Take a stab at rating how balanced you feel you are. Just give it your best shot. It really is just aimed at helping you to take some time to think a little. I would love to hear how the tool impacted you. Leave me a message at [Doctorwhyte@gmail.com](mailto:Doctorwhyte@gmail.com)

### The 7 Essentials of Wholeness



SPIRITUAL



RELATIONSHIPS



RESOURCES



TIME



HEALTH



PURPOSE



REST

### The 7 Essentials of Wholeness



TIME

\_\_\_\_\_ 5 Points

On a scale of 0-5 how effectively do I use my time to accomplish my goals and tasks?

- 1 | little to no effectiveness
- 2 | rarely effective
- 3 | often effective
- 4 | almost always effective
- 5 | always effective



MENTAL HEALTH

\_\_\_\_\_ 5 Points

On a scale of 0 - 5 how effective am I at enhancing my mental health?

- 1 | little to no effectiveness
- 2 | rarely effective
- 3 | often effective
- 4 | almost always effective
- 5 | always effective



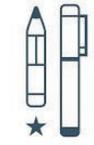
PHYSICAL HEALTH

\_\_\_\_\_ 5 Points

On a scale of 0 - 5 how effective am I at enhancing my physical health?

- 1 | little to no effectiveness
- 2 | rarely effective
- 3 | often effective
- 4 | almost always effective
- 5 | always effective

### The 7 Essentials of Wholeness



PURPOSE

\_\_\_\_\_

5 Points

On a scale of 0 - 5 how effective am I at understanding and fulfilling my purpose?

- 1 little to no effectiveness
- 2 rarely effective
- 3 often effective
- 4 almost always effective
- 5 always effective



REST & RECREATION

\_\_\_\_\_

5 Points

On a scale of 0 - 5 how effective am I at systematically periodically engaging in activities that rejuvenate me?

- 1 little to no effectiveness
- 2 rarely effective
- 3 often effective
- 4 almost always effective
- 5 always effective



LIFE BALANCE

\_\_\_\_\_

5 Points

On a scale from 0-5 how effective am I at systematically maintaining life balance of the 7 Vital Connections of Wholeness/Rut Busting?

- 1 little to no effectiveness
- 2 rarely effective
- 3 often effective
- 4 almost always effective
- 5 always effective

### The 7 Essentials of Wholeness



\_\_\_\_\_ / 5 Points



\_\_\_\_\_ / 5 Points



\_\_\_\_\_ / 5 Points

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\_\_\_\_\_ / 5 Points



**TOTAL**

\_\_\_\_\_ / 5 Points

\_\_\_\_\_ / 5 Points

\_\_\_\_\_ / 50 Points