



• 30 DAY •



Tracker



MarriageHelper

Self Assessment of P.I.E.S

Physical = Body

Take a good look at yourself and do it with complete honesty. Do not be too humble or hard on yourself and do not be too vain and generous. Consider everything. To get your view of how attractive you are now, we ask you to rate yourself on the following.

Use the 10-point scale below to rate where you believe you are in the physical area asked about. Score each question based on what you feel physical attractiveness is as perceived by your spouse.

Do not worry if your score is less than you wish. Nearly everyone's is. We do not put you through this exercise to make you feel badly about yourself. We do it only as a baseline from which to start. After all, you cannot get to where you want to go if you do not know where you are starting. Later we will ask you to get the opinion of another person about you. It may make you feel better than you anticipate.

Unattractive

Attractive

1 2 3 4 5 6 7 8 9 10

1. _Where would you put yourself on the attractiveness scale in terms of your physical fitness, muscle tone, and the like?

2._Where would you put yourself on the attractiveness scale in terms of your facial features as they are now, but that you could alter if you wished? (beard, makeup, color and straightness of teeth, or anything else you could change without radical surgery.)

3._____ Where would you put yourself on the attractiveness scale in terms of your personal hygiene? (cleanliness of things such as body, teeth, and hair, as well as fragrances emanating from you - either good or bad)

4._____ Where would you put yourself on the attractiveness scale in terms of your eating habits?

5. _____Where would you put yourself on the attractiveness scale in terms of your posture?

6. _____Where would you put yourself on the attractiveness scale in terms of the way you dress?

Self Assessment of P.I.E.S

- 5._Where would you put yourself on the attractiveness scale in terms of your ability to reason and work out solutions to problems?
- 6._Where would you put yourself on the attractiveness scale in terms of showing interest in what your spouse is interested in?
- 7._Where would you put yourself on the attractiveness scale in terms of special skills or expertise? (mechanical, artistic, performance, musical, etc.)
- 8._Where would you put yourself on the attractiveness scale in terms of things you do intentionally so that you continue to grow intellectually?
- 9._Where would you put yourself on the attractiveness scale in terms of being able to write in such a way that you communicate well what you think and what you feel?
- 10._Consider all the above and rate here where would you put yourself in overall intellectual Attractiveness.

TOTAL : _____ out of 100

Emotional= Heart

You may have heard of IQ, or Intelligence Quotient. There is also an EQ, or Emotional Quotient, sometimes referred to as Emotional Intelligence. If you look it up on the Internet, you will find many different definitions and theories about it. Though we will not attempt to measure your EQ, we provide an idea of what it is.

The editorial review of the book Emotional Intelligence by Daniel Goleman on www.Amazon.com says, “He defines emotional intelligence in terms of self-awareness, altruism, personal motivation, empathy, and the ability to love and be loved by friends, partners, and family members.” In short, it has two areas of importance: understanding yourself, your feelings, your goals, your behaviors, and the like understanding others, especially their feelings

From that premise, we ask questions to help you evaluate your emotional attractiveness. Use the ten-point scale below to rate where you believe you are in the emotional area asked about. Score each question based on what you feel emotional attractiveness is as perceived by your spouse.

Self Assessment of P.I.E.S

Unattractive

Attractive

1 2 3 4 5 6 7 8 9 10

1. _____ Where would you put yourself on the attractiveness scale in terms of your understanding of yourself? (The more others view you as in touch with your own emotions and inner being, the more attractive you are.)
2. _____ Where would you put yourself on the attractiveness scale in terms of your social skills and ability to interact with people, especially in making them feel special and important?
3. _____ Where would you put yourself on the attractiveness scale in terms of your self-control, even in emotional situations?
4. _____ Where would you put yourself on the attractiveness scale in terms of your ability to relate to the emotions and feelings of others in a way that they know you understand?
5. _____ Where would you put yourself on the attractiveness scale in terms of accepting others as they are so that they feel safe to be their true selves with you?
6. _____ Where would you put yourself on the attractiveness scale in terms of giving the person most important to you the confidence that you will protect and stand by his/her side through thick and thin?
7. _____ Where would you put yourself on the attractiveness scale in terms of your ability to love fully, without hesitation or reservation?
8. _____ Where would you put yourself on the attractiveness scale in terms of how you demonstrate love?
9. _____ Where would you put yourself on the attractiveness scale in terms of having fun and enjoying life with those who are important to you?
10. _____ Consider all the above and rate here where would you put yourself in overall emotional attractiveness.

TOTAL: _____ out of 100

Self Assessment of P.I.E.S

6. _____ Where would you put yourself on the attractiveness scale in terms of how your spouse views your religious beliefs?

7. _____ Where would you put yourself on the attractiveness scale in terms of how your spouse views your virtues such as truthfulness, honor, and morality?

8. _____ Where would you put yourself on the attractiveness scale in terms of your spouse wanting his/her children to have the same beliefs, values, and behaviors as you? (the more the other wants his/her children to be like you, the greater the attraction)

9. _____ Where would you put yourself on the attractiveness scale in terms of your spouse's satisfaction with your spiritual growth, maturity, and leadership?

10. _____ Consider all the above and rate here where you would put yourself in overall spiritual attractiveness.

TOTAL: _____ out of 100



MarriageHelper
PIES TRACKER

START WITH *Why.*

Why is it so important for you to work on your PIES?

What will you gain personally by working on your PIES?

What will you lose if you don't?

Which is most important for you to work on?

What have you been doing well?

(Don't forget to congratulate yourself for what you do right!)



MarriageHelper
PIES TRACKER

Today's Date: _____

My 30 Day Goals: 

P-

I-

E-

S-

PHYSICALLY:

WHAT DO I NEED TO DO EACH WEEK TO MOVE ME TOWARDS MY GOAL?

WHAT DO I NEED TO DO EACH DAY TO MOVE ME TOWARDS MY WEEKLY GOAL?

INTELLECTUALLY:

WHAT DO I NEED TO DO EACH WEEK TO MOVE ME TOWARDS MY GOAL?

WHAT DO I NEED TO DO EACH DAY TO MOVE ME TOWARDS MY WEEKLY GOAL?



MarriageHelper
PIES TRACKER

Today's Date: _____

EMOTIONALLY:

WHAT DO I NEED TO DO EACH WEEK TO MOVE ME TOWARDS MY GOAL?

WHAT DO I NEED TO DO EACH DAY TO MOVE ME TOWARDS MY WEEKLY
GOAL?

SPIRITUALLY:

WHAT DO I NEED TO DO EACH WEEK TO MOVE ME TOWARDS MY GOAL?

WHAT DO I NEED TO DO EACH DAY TO MOVE ME TOWARDS MY WEEKLY
GOAL?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check- In

Physically-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?

Intellectually-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check-In

Emotionally-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?

Spiritually-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check- In

Physically-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?

Intellectually-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check-In

Emotionally-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?

Spiritually-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check- In

Physically-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?

Intellectually-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check-In

Emotionally-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?

Spiritually-

What is my 30 day goal?

How have I made advancements towards reaching it?

Do I need to modify anything I'm doing? If so, what?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check-In

Physically-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?

Intellectually-

What is my 30 day goal?

How have I made advancements towards reaching this?



MarriageHelper
PIES TRACKER

Date: _____

Weekly Check- In

Emotionally-

What is my 30 day goal?

How have I made advancements towards reaching this?

Do I need to modify anything I'm doing? If so, what?

Spiritually-

What is my 30 day goal?

How have I made advancements towards reaching this?



MarriageHelper
PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper PIES TRACKER

Date: _____

Daily Log

The why- _____

Three Good Things:

One _____

Two _____

Three _____

 Today I move toward my PIES by-

Physically- _____

Intellectually- _____

Emotionally- _____

Spiritually- _____

What little victories should I celebrate?

What will I do differently in the future?

How do I feel about myself and my situation right now?

What can I do to keep moving forward?



MarriageHelper
PIES TRACKER

Date: _____

End of 30 Days!

What were my goals?

P-

I-

E-

S-

What did I achieve in the past 30 days?

P-

I-

E-

S-

What victories should I celebrate?



MarriageHelper
PIES TRACKER

Date: _____

End of 30 Days!

What should I do next?

Write a note to yourself thanking yourself for devoting time to make YOU better.

Feel free to start over as many times as you'd like!