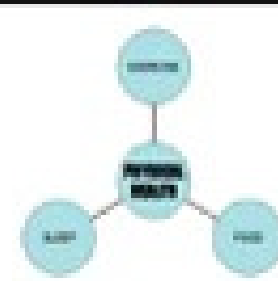




**"My PSP  
- Pilar Scorecard  
Pribadi"  
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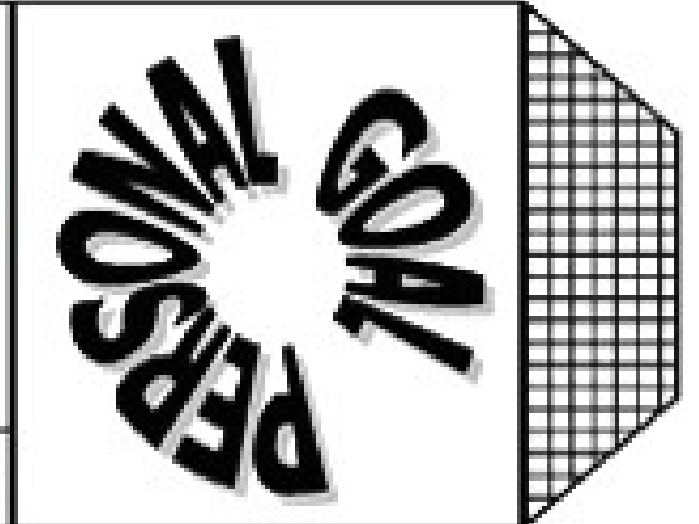
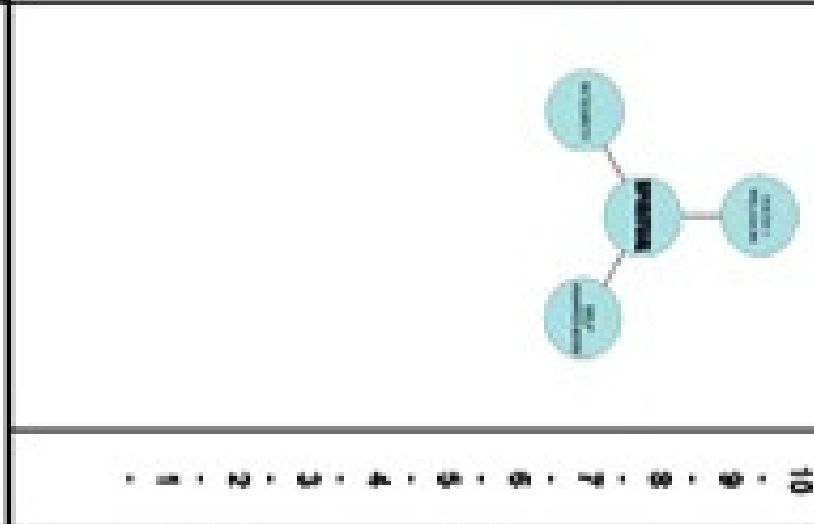
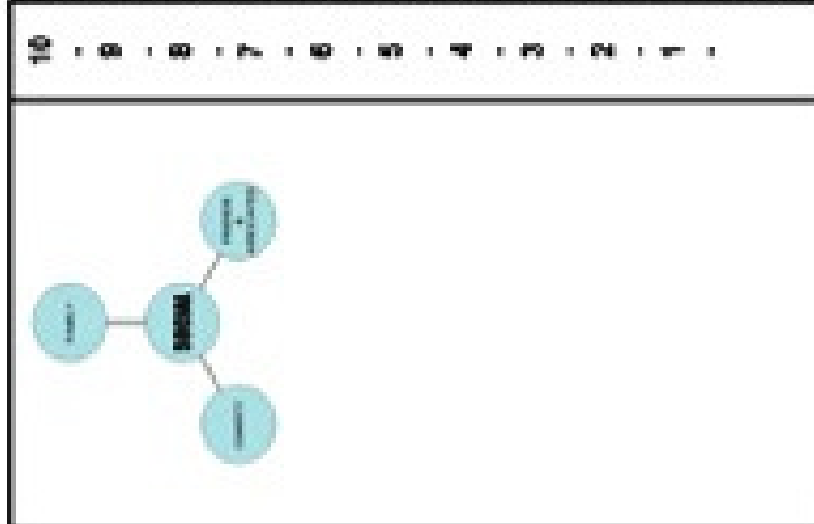
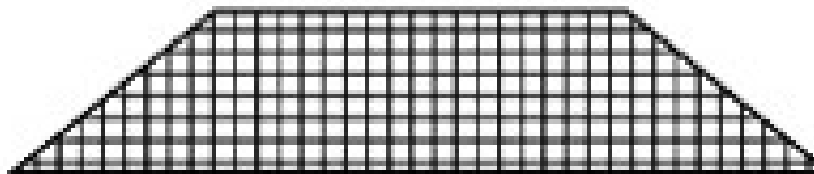
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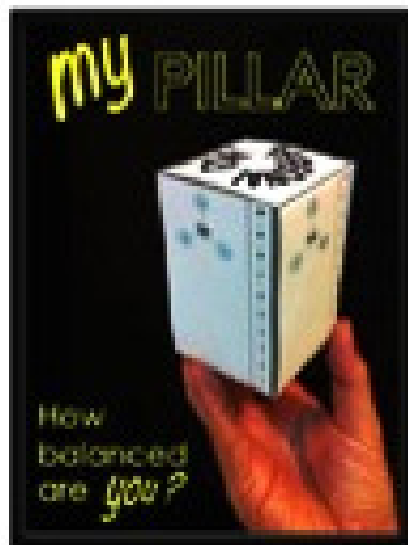
10  
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1


**Personal Pillar "ART & CRAFT" with the Young Ones :**

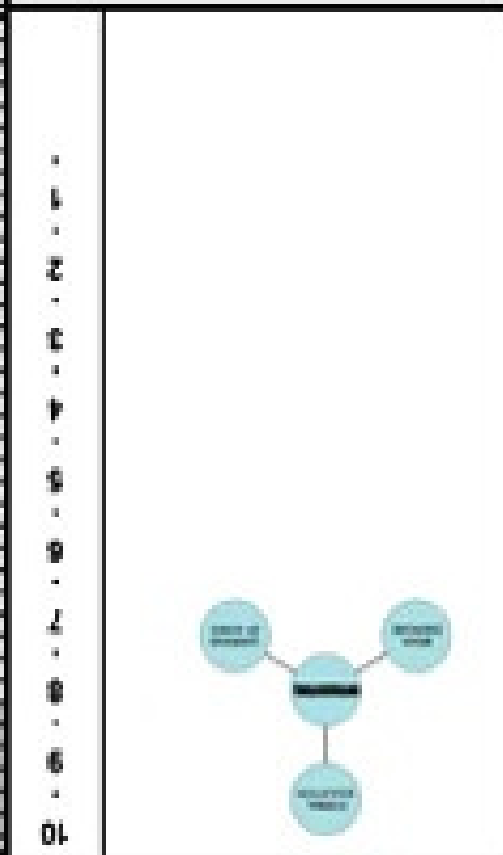
- Bring this home & ask your child/favorite niece/sibling to join you in an afternoon of "PSP Art & Craft" (the following instructions refer to 'you' as either yourself, or the juniors).
- Cut the pillar according to the outline.
- Write your overall-goal, at the back-flap of the pillar's "top."
- The pillar has four sides: • Spiritual • Intellectual • Social • Physical (SPIN SOPHY). At the back of each side, write your goal for that particular side, relative to your overall goal.
- Do a quick assessment, on where you are on each side of the pillar, on a scale of 1 to 10. For example, once you've written your goal for the Physical side, you can perhaps assign a numerical value for *where you are now, physically, relative to your goal* = perhaps, 7 out of 10? Do this also for the other three sides of the pillar.



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SOON !**  
  
**to the  
Apple App  
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- Glue the shaded parts, and put the pillar together.
- Draw a line connecting the Spiritual side's numerical value, to the Intellectual side's numerical value, and also connecting it to the Social and Physical sides' respective numerical value.
- VOILA! The shape of your Personal Pillar (the relative gap, if any, between your current state and your Overall Goal) should be apparent by now.
- Feel free to revise and re-do, everytime you want to change your Overall Goal

**"My Pillar" IOS Application**  
**Other inquiries, please e-mail:**  
**mindytion@gmail.com**



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