***PAD* Check**

**How healthy are your**

***P*eople, *A*ssociations, and *D*reams?**

This tool will help you examine any internal or external power in your life, to see how it is making you sick or getting you well. Particularly, you can learn to see the invisible flow of assets we all need, to see if that power is draining it out of you or pouring it in. Our test measures these life assets/issues: truth, peace, respect, love, mercy, sexuality, purpose, and physical health. How healthy are those who give you these experiences? How healthy are the assets you receive from them?

Looking at any particular ***PAD (***Person, Association, or Dream), and at any particular issue, look at their effects on the culture around them, on their organization, with their friends and families, and just within their own personalities. **Look for these six signs of life** (liveliness and health):

**C**aring: *do they care about themselves and others?*

**F**reedom: *how free are they to change their minds and habits?*

**G**ratitude: *how thankful are they for what they have been given?*

**C**ooperation: *do they pull people together, generously sharing power and glory?*

**S**trength:  *are they and those around them getting stronger?*

**G**rowth: *do they value, life-long learning and growth?*

Remember these by **CFG, CSG: Can Find Good, Can Share Good**.

Now consider the opposites of these things. Look for the six signs of death, which are given in the same order as the six signs of life above:

***A***pathy: *does their heart show coldness toward self and others, or even hatred?*

***B***ondage: *are they stuck in obsessive thinking and compulsive behaviors?*

***C***omplaint: *are they negative and complaining? Do they want you to feel sorry for them?*

***D***ivisiveness: *do they turn people and groups against each other?*

***W***eakness: *are they losing power, strength, and influence?*

***D***ecay: *are they rotting? Are they and people with them aging badly over time?*

Remember these by **ABC DWD: ABCD: Whirlpooling Down**