

# Life Assessment Worksheet

**Read the questions below and take the time to think about each of these nine areas in your own life first.**

Read each of the sections below one at a time. When you have completed the section on one life area write down your score on a scale of one to ten for that area. Then move on to think about the next life area.

So let's get going. Enjoy!

## 1. Health & Fitness:

How well do you eat? How much exercise do you do (recall the last 5 days)? How much rest/sleep do you allow yourself? Are you 'running' on empty'? (What's a normal bed time)? Are there changes you've often considered but not made yet? What do your statistics tell you – height to weight ratio, cholesterol, size, and shape? What's it like to look in the mirror and see yourself? How would you react if a good friend invited you to run a marathon for your favorite charity or to go on a two-week cycle tour?

*Score yourself now and write that score beside the words 'Health and fitness'.*

## 2. Career & Work:

How is your current work situation? Is it fun? Satisfying? Frustrating? What's important about it? Is it what you always wanted to be doing? How do you feel at mid-day each day? How do you feel at the end of each day or at the end of each week? Do you have a career that you are happy with? Where are you heading?

*Score yourself now and write that score beside the word 'Career'.*

## 3. Relationships:

Think about the relationship that you have with your partner - if you have a partner. How well do you get on together? How much do you appreciate his/her company? How much do you love your partner? Is this relationship the relationship of your dreams? Could it be better?

Think about the other important relationships in your life. Your family, your relations, your friends. What is the quality of those relationships? Do they vary? Are there some people with whom you'd like to have a higher quality relationship? Are there some that you would like to spend less time around? Are your family & friends what you had hoped for in your dreams?

*Score yourself now and write that score beside the word 'Relationships'.*

## 4. Social Life & Leisure:

How do you spend your non-working hours? Do you put aside time for the hobbies & interests you have? Are there things you care about but have yet to get involved in? How much are you learning about life outside of your work? Would you like to travel more/less? How is your relationship with the TV/Internet? Do you value your leisure time the same as your work time, and are you pleased with your leisure activities at the end of each week?

*Score yourself now and write that score beside the word 'Social Life'.*

**5. Personal Development:**

Are you constantly learning? Are you happy with the amount of time you give to new learning? Are you expanding what you learn on two fronts: Firstly on an intellectual level - are you constantly seeking out more information in certain areas? Secondly on an emotional level - are you continually learning how to manage your feelings and emotions.

*Score yourself now and write that score beside the word 'Personal Development'.*

**6. Finances:**

How much do you earn currently? Think about your bank balance today. Think about your savings and pension. What assets do you own? How secure is your income stream? Is this enough? How comfortable do you feel about your financial situation? If anything happened to you what kind of 'cushion' do you have?

*Score yourself now and write that score beside the word 'Financial'.*

**7. Quality of Life:**

Take a virtual tour of your home. Is it how you'd like it to be? Is it welcoming, relaxing, fit for purpose? What's it like to come home? Are you proud of where you live?

Think about your possessions. Do you have what you want? Are you proud of what you have? Maybe you have too little. Or too much.

Do you travel as much as you'd like? Do you have as much fun as you want? What score best reflects your quality of life?

*Score yourself now and write that score beside the word 'quality of life'.*

**8. Spirituality:**

You may or may not believe in a higher being. If you do, what kind of relationship do you have with this higher being right now? How important is this relationship to you? Is the relationship as important to you as you would like it to be?

*Score yourself now and write that score into your journal beside the word 'spirituality'.*

**9. Contribution:**

In life we have to leave all the tangible stuff behind, but invisible legacy remains - the stories, memories and experiences others have of us. How well will you be remembered by your family, your neighbors, your community, and the world at large? Do you invest time using your talents to help others? Could you? Should you? To what extent does contributing to others feature at all in your life right now?

*Score yourself now and write that score into your journal beside the word 'contribution'.*

Assess the 9 areas of balance in your life on a scale of 1-10. Write down what do I like about this area of my life? What do I dislike about it?

Life Area	Assessment Score (1-10)	What do I like about this area of my life?	What do I dislike about it?
<b>Health &amp; Fitness</b>			
<b>Career</b>			
<b>Relationships</b> (Partner, Kids)			
<b>Social Life</b>			
<b>Personal Development</b> (Intellectual, Emotional)			
<b>Financial</b>			
<b>Quality of Life</b> (Leisure, Travel, Fun, Material)			
<b>Spiritual</b>			
<b>Contribution</b>			

# Example Of Passions

Sometimes it is useful to see an example of passions other people set in order to think about what you could do.

If so here is a list of what I have found to be some of the most popular passions people have.

## Health and Fitness Goals

- Lose weight
- Get in shape
- Improve my posture
- Reduce Stress
- Quit Smoking
- Quit drinking
- Eat more healthily
- Improve my vision

## Learning goals

- Learn the piano
- Learn the guitar
- Learn to sing
- Learn to cook
- Read more books
- Learn sign language
- Learn to surf
- Learn to drive
- Learn to dance
- Learn to be organized
- Learn Spanish
- Learn Chinese
- Learn Japanese

## Work Goals

- Get a new job

- Raise my salary
- Get a promotion
- Change my career
- Increase sales
- Market my business more effectively
- Make Money Blogging

## Relationship Goals

- Fall in love
- Get married
- Make new friends
- Improve parenting skills

## Financial Goals

- Get out of debt
- Save Money
- Become financially independent

## Leisure Goals

- Travel the world
- Skydive
- Go on a cruise
- Read more books

## Self Help Goals

- Be happy
- Have more self confidence

You now have plenty of examples of the type of passions people set themselves.