

Client Name:

Date:

The Life Assessment is a tool that will give you a visual picture of your life today.

- Review the 12 categories – consider how satisfied you are with each area of your life
- Rate your satisfaction as of today and where want to be
[1 = Not satisfied at all, 5 = somewhat satisfied, 10 = completely satisfied]

Categories

- Your current pace of life, play, and recreation - the tempo of your daily life, time to relax, and have fun
 1 2 3 4 5 6 7 8 9 10
- Personal development - growth as a person and time spent to develop and pursue personal goals
 1 2 3 4 5 6 7 8 9 10
- Finance - your ability to manage your money effectively, save, budget, and invest
 1 2 3 4 5 6 7 8 9 10
- Work/career - satisfaction or fulfillment in your current job, career, and direction of your future
 1 2 3 4 5 6 7 8 9 10
- Family and children: quality of your relationship; quality time spent, a connection built
 1 2 3 4 5 6 7 8 9 10
- Marriage/singleness: Health of your relationship with your spouse or contentment in embracing single life
 1 2 3 4 5 6 7 8 9 10
- Friendships: your close personal relationships and social life
 1 2 3 4 5 6 7 8 9 10
- Living environment: current living situation, "home", safety and security
 1 2 3 4 5 6 7 8 9 10
- Spiritual well-being: connection with God, spiritual rhythm, rest
 1 2 3 4 5 6 7 8 9 10
- Emotional well-being: self-awareness and confidence; time spent to reflect and process; ability to bounce back
 1 2 3 4 5 6 7 8 9 10
- Physical well-being: Overall health including exercise, diet, sleep, and self-care
 1 2 3 4 5 6 7 8 9 10