

LIFE ASSESSMENT WORKSHEET

FACE THE TRUTH:

There are no wrong answers, there is no grade, no rating, not even an interpretation of your response other than your own thoughtful assessment. Be honest and truthful with yourself. Even when the truthful response is a little embarrassing or painful, remember that no one else need ever see it and that you never succeed by deceiving yourself.

Rate the following on a scale of 1 to 5, 1 being Least True and 5 being Most True:

RELATIONSHIP & FAMILY	
I spend at least 10 hours of focused time with my family each week.	1 2 3 4 5
I get together with friends at least once a week.	1 2 3 4 5
There is no one in my life that I haven't completely forgiven.	1 2 3 4 5
I am actively engaged in learning how to be a better spouse, parent and/or friend.	1 2 3 4 5
I actively look for ways to support and help advance the success of my friends and family.	1 2 3 4 5
I take complete responsibility for all relationship conflicts when they arise.	1 2 3 4 5
I easily trust those I live and work with.	1 2 3 4 5
I am 100% honest and open with all those I live and work with.	1 2 3 4 5
It is easy for me to commit to others and honour those commitments.	1 2 3 4 5
I recognize when I need support and am continually seeking help.	1 2 3 4 5
Total Score:	

PHYSICAL	
I do strength training at least 3x a week	1 2 3 4 5
I do cardiovascular exercise at least 3x a week.	1 2 3 4 5
I do stretching and /or Yoga type exercise at least 3x a week.	1 2 3 4 5
During a typical day, I watch no more than 1 hour of TV	1 2 3 4 5
I eat breakfast (more than just coffee) every day.	1 2 3 4 5
I don't eat fast food, ever.	1 2 3 4 5
I spend time outside for at least 30 minutes a day, every day.	1 2 3 4 5
I have undisturbed sleep for at least 8 hours each night.	1 2 3 4 5
I don't drink more than 1 caffeinated beverage per day.	1 2 3 4 5
I drink at least 8 glasses of water per day.	1 2 3 4 5
Total Score:	

BUSINESS	
I plan my day out the day before	1 2 3 4 5
My goals are written, prominently displayed and regularly reviewed.	1 2 3 4 5
I love what I do and enjoy getting up every day to do my job.	1 2 3 4 5
I am continually filled with feelings of accomplishment and satisfaction from my work.	1 2 3 4 5
I am constantly improving my professional strengths and weaknesses.	1 2 3 4 5
If I could, I would still do my job without pay.	1 2 3 4 5
I am home with my family on time every day.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year.	1 2 3 4 5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.	1 2 3 4 5
My current business/job give me a feeling of significance as it makes a positive difference in the lives of others.	1 2 3 4 5
Total Score:	

FINANCIAL	
I have a completely detailed budget and unfailingly stick to it.	1 2 3 4 5
I have a professional designed and diversified financial portfolio.	1 2 3 4 5
I save at least 10% of my income every month.	1 2 3 4 5
I am credit card debt-free.	1 2 3 4 5
I have a dedicated six-month reserve account completely funded and set aside.	1 2 3 4 5
I feel that I am compensated completely according to my worth.	1 2 3 4 5
I have an updated and complete last will and testament.	1 2 3 4 5
I have the needed insurance and financial plan in place for my family should something happen to me.	1 2 3 4 5
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	1 2 3 4 5
I live well below my means and never spend money imprudently.	1 2 3 4 5
Total Score:	

SPIRITUAL	
I consider myself a spiritual person.	1 2 3 4 5
I take at least 20 minutes each day to meditate and reflect on my life.	1 2 3 4 5
Others who experience me would consider me a spiritual person.	1 2 3 4 5
I have a personal relationship with my spiritual source.	1 2 3 4 5
I study my spiritual beliefs daily.	1 2 3 4 5
I practice my spiritual beliefs daily.	1 2 3 4 5
I teach my spiritual beliefs daily.	1 2 3 4 5
I live completely in accordance to my spiritual beliefs	1 2 3 4 5
I consistently use my spirituality to help resolve my problems.	1 2 3 4 5
I consistently use my spirituality to help others.	1 2 3 4 5
Total Score:	

MENTAL	
I read something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I listen to something instructional or inspirational for at least 30 minutes each day.	1 2 3 4 5
I stay completely current with my industry news.	1 2 3 4 5
I seek instructional information in my field every day.	1 2 3 4 5
I have a mentor whom I trust.	1 2 3 4 5
All my friends are a positive influence in my life.	1 2 3 4 5
I never engage in gossip.	1 2 3 4 5
I review my major goals every day.	1 2 3 4 5
I review what I am grateful for every day.	1 2 3 4 5
I always say no to requests or obligations that don't fit my core values or objectives.	1 2 3 4 5
Total Score:	

LIFESTYLE	
I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	1 2 3 4 5
I attend cultural events (e.g.,opera, museums, theatre) at least 2 times a month.	1 2 3 4 5
I vacation at least once a year with no work communications.	1 2 3 4 5
I spend as much time as I want with my family.	1 2 3 4 5
I spend as much time as I want with my friends.	1 2 3 4 5
I am constantly seeking adventure, trying something new and creating diverse experiences.	1 2 3 4 5
I feel like there is enough time in the day to do what I both need and want to do.	1 2 3 4 5
I live life to the fullest every day.	1 2 3 4 5
I take time out to daydream every day.	1 2 3 4 5
I am completely present in every moment of every day.	1 2 3 4 5
Total Score:	

THE WHEEL OF LIFE

To determine your current balance sheet of your life, take the scores from the previous pages and plot them on the wheel below. Start from the centre and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't.

KEY:
 Score of 5 = 1 notch
 6 -10 = 2 notches
 11-15 = 3 notches
 16 -20 = 4 notches
 21 -25 = 5 notches
 26 -30 = 6 notches
 31 -35 = 7 notches
 36 -40 = 8 notches
 41 -45 = 9 notches
 46 -50 = 10 notches

**use the same score on both the Family & Relationship line.

