

WHOLE LIFE ASSESSMENT

The goal of this assessment is to help you identify areas for improvement in the major areas of life. As with any self-assessment, the goal isn't a complete snapshot of every nuance of your life, but rather a good opportunity for overall self-reflection. So, don't stress about the exact wording of these descriptions. Instead, just give your overall impression of how you rate in each category based on the past 30 days of your life. After you finish, take time to journal about your ratings and each area of your life. If you don't like your scores, it's just an indication to focus on that area a little more this month. Improvement takes time. Set some goals, start some new habits, and be patient and persistent in your journey to the next level of performance. You're stronger than you think, and the future holds good things for you.

Categories	Score (1=Low Agreement, 10=I'm Awesome)
HEALTH I regularly take care of myself so that I can feel my best. I want my overall physical and emotional health (my well-being) to be primed and optimized to make me feel energetic and strong each day. I strive to eat well, sleep well, and work out so that I have the physical vibrancy and stamina to enjoy life and deal with its challenges and opportunities.	1 2 3 4 5 6 7 8 9 10
MENTAL/EMOTIONAL I keep a positive outlook and attitude. I'm cultivating a sense of joy and peace in my life so that I can experience positive emotions and relationships. I take care of myself by being mindful to the energy, focus, and emotions I really want to experience and generate in life.	1 2 3 4 5 6 7 8 9 10
PARTNER/LOVE I feel a consistently deep, trusting, appreciative, soulful, loving connection with my significant other. I am patient, respectful, and attentive to my partner's needs. Alternative if single: I live each day through my heart and demonstrate compassion and love for others.	1 2 3 4 5 6 7 8 9 10
FAMILY I am present with my family. I am creating deep connection, and fun and positive energy with the family members that I keep in contact with. It's evident that I love my family and I'm doing my best for them. I try to forgive their mistakes and be compassionate with them.	1 2 3 4 5 6 7 8 9 10
FRIENDS My immediate social circle of friends brings connection, fun, and positive energy into my life. I seek out positive people and I do my very best to bring positive energy and real authenticity into all my relationships. I spend enough time with friends.	1 2 3 4 5 6 7 8 9 10
MISSION I feel clear, energized, and fulfilled by my work and contributions to the world. I believe my work or day's effort adds real value and is a true reflection of my best efforts and contributions. I am truly engaged and excited by what I'm doing—it feels like a mission, calling, or purpose.	1 2 3 4 5 6 7 8 9 10
EXPERIENCES I plan special experiences—trips, adventures, nights out, time to connect or disconnect—so that I enjoy life. I give enough time to the things I love in life, including to my hobbies, interests, and non-work goals and adventures.	1 2 3 4 5 6 7 8 9 10
SPIRIT I feel connected to the present moment and vitally alive in my spirit. I am congruent with my beliefs and behaviors and I keep my faith and values at the forefront of my decisions and daily actions.	1 2 3 4 5 6 7 8 9 10
FINANCES I am being responsible in how I spend my money. I'm saving money for my future. I'm learning the skills necessary to develop my ability to earn even more. I am happy with my lifestyle and allow myself to enjoy what I've built and earned.	1 2 3 4 5 6 7 8 9 10
LEARNING I am curious and pay attention to the world around me so that I can learn new things. I ask questions. I seek to discover new things about myself and others. I have created a personalized curriculum for myself so that I can develop the skills needed to succeed.	1 2 3 4 5 6 7 8 9 10
TOTAL SCORE: _____	