



Life Assessment

Name: _____ Phone: _____

Email: _____ Date: _____

Instructions:

1. For each area below, first assess your current level of satisfaction, from 1-10, 1 being NOT satisfied at all to 10 being completely satisfied.
2. Next, assign a desired level for each area, from 1-10.
3. Finally, assign a rank of importance to each area, 1 being the MOST important through 16 being LEAST important. There is no "right" or "wrong" here; no judgments.
4. After you complete the assessment, scan/email or take a picture and forward to your coach.

Area	Current Level (1-10)	Desired Level (1-10)	Importance
Spouse, Partner, BFF			
Sex Life, Intimacy			
Parents, Kids, Extended Family			
Close Friends			
Work, Career			
Life Purpose, Direction			
Life Balance (Work, Play, Commitments)			
Contribution to the World, Others			
Health, Fitness			
Self Worth, Self Esteem, Body Image			
Money, Finances			
Spirituality, Faith, Connection to Higher Power			
Connection with Nature, God's Creation			
Self Control, Self Discipline			
Mental State (Peace, Calm, Joy)			
Living Location, Condition			