



## LIFE ASSESSMENT

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

### Relationships & Family

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

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Total Score: \_\_\_\_\_

### Physical

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

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Total Score: \_\_\_\_\_

## Business

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

## Financial

|   |                      |
|---|----------------------|
| I have a completely detailed budget and unfailingly stick to it.  | <input type="text"/> |
| I have a professionally designed and diversified financial portfolio.   | <input type="text"/> |
| I save at least 10 percent of my income every month.  | <input type="text"/> |
| I am credit card debt-free.   | <input type="text"/> |
| I have a dedicated six-month reserve account completely funded and set aside.   | <input type="text"/> |
| I feel that I am compensated completely according to my worth.  | <input type="text"/> |
| I have an updated and complete last will and testament.   | <input type="text"/> |
| I have the needed insurance and financial plan in place for my family should something happen to me.  | <input type="text"/> |
| 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. | <input type="text"/> |
| I live well below my means and never spend money imprudently.   | <input type="text"/> |
| Total Score: _____  |                      |

## Spiritual

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|---|----------------------|
| I consider myself a spiritual person.                                   | <input type="text"/> |
| I take at least 20 minutes each day to meditate and reflect on my life. | <input type="text"/> |
| Others who know me would consider me a spiritual person.                | <input type="text"/> |
| I have a personal relationship with my spiritual source.                | <input type="text"/> |
| I study my spiritual beliefs daily.                                     | <input type="text"/> |
| I practice my spiritual beliefs daily.                                  | <input type="text"/> |
| I teach my spiritual beliefs daily.                                     | <input type="text"/> |
| I live completely in accordance with my spiritual beliefs.              | <input type="text"/> |
| I consistently use my spirituality to help resolve my problems.         | <input type="text"/> |
| I consistently use my spirituality to help others.                      | <input type="text"/> |
| Total Score: _____  |                      |

## Mental

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

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Total Score: \_\_\_\_\_

## Lifestyle

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

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Total Score: \_\_\_\_\_

## The Wheel of Life

To determine the balance sheet of your life, take your scores from the previous pages and plot them on the wheel. Start from the center 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. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

KEY: Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 = 9 notches. Score of 46-50 = 10 notches. Use the same score for both Relationships & Family line.

