

**Examine each area of your life & rate on a scale of 1-10.**

10 = you are satisfied where you currently are.

Questions to consider are only a guide. Be sure to personalize each area & ask your own questions.

**Life  
Balance  
Self-  
Assessment**

Area	Questions to consider?	Rating
<b>Mental Health</b>	Are your basic needs being met? (food, shelter, clothing, electricity, running water) Are you experiencing any anxiety? Stress? Grief? Long periods of sadness? What makes you feel better? Do you have healthy coping skills? Any bad habits? Are you wanting to stop: drinking, smoking, drug use?	
<b>Home Life</b>	Do you have a place to stay? Are you living in a comfortable place? Do you have a desire to move? Is keeping your home clean a priority? Do you need to get rid of or donate any old items? (clothing, dishes, shoes)	
<b>Physical Health</b>	Do you see a doctor regularly? Have you had your annual screenings? Do you see a Dentist? DO you eat healthy? Do you have any chronic illnesses (diabetes, High Blood Pressure/Cholesterol) Do you exercise?	
<b>Spirituality</b>	Do you feel connected to the world? What are your spiritual practices? Are you happy with the relationship you have with your Spiritual being?	
<b>Family &amp; Friends</b>	Do you want to socialize? Are your friends and family supportive? Do you have people you can trust and talk to? Are you supportive to your family and friends? Are your relationships healthy?	
<b>Career</b>	Are you working? Happy with your current job? Do you have any educational goals? Are you looking to advance in your career? Are you where you want to be? Do you have any career goals outside of your current job? (business, blog, invention) What inspires you? Do you read? Listen to Podcasts?	
<b>Finances</b>	Are you satisfied with your salary? Have you been able to save any money? Do you spend your money wisely? Are there areas you want to cut back in with your spending?	
<b>Self-Care &amp; Fun</b>	What do you do to enjoy life? Anything on your bucket list? When was your last vacation? When is the last time you took a break? Do you take care of yourself? Make time for things you like to do? Prioritize your needs?	
<b>Romance</b>	Do you feel loved? How do you show love? Are you dating? Pouring back into your relationships? What's your love language? Attachment style?	
<b>Self-Esteem</b>	If someone asked you to describe yourself could you do it? Do you feel worthy? Do you respect yourself? Are you confident in your skills?	

**Examine each area of your life & rate on a scale of 1-10.**

10 = you are satisfied where you currently are.

Questions to consider are only a guide. Be sure to personalize each area & ask your own questions.

Now that you have assessed the main areas of your life, it's time to act. Think about your main objective. Make at least 2 goals and give yourself period of time to meet your goal/s for each area you wish to improve. Depending on the number of areas, you can create multiple goals. For example:

**Area:** Finances.

**Objective (Broad & Long Term):**

Save at least \$400.

**Goal (Direct, Specific & Measurable):**

1. I will take \$100 each pay period & place it into my savings account.
2. I will cut back on eating out during the week by cooking at least 3x/week.

**End Date:** April 2020.

**Area:** Self Care & Fun.

**Objective (Broad & Long Term):**

Improve Self Care.

**Goal (Direct, Specific & Measurable):**

1. On Wednesdays, I will take at least 10 minutes in the evening & sit in silence (meditate).
2. On (this date) I am taking the day off to relax.

**End Date:** March 2020.

**Area:** Spirituality.

**Objective (Broad & Long Term):**

Increase Prayer.

**Goal (Direct, Specific & Measurable):**

1. I will pray before bed each night for at least 5 minutes.

**End Date:** Ongoing.

Know your limits & do not overwhelm yourself. Prioritize & work on goals one-by-one if needed.  
You can rework your goal/objective or end date if need be.

**Examine each area of your life & rate on a scale of 1-10.**

10 = you are satisfied where you currently are.

Questions to consider are only a guide. Be sure to personalize each area & ask your own questions.

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**

**Examine each area of your life & rate on a scale of 1-10.**

10 = you are satisfied where you currently are.

Questions to consider are only a guide. Be sure to personalize each area & ask your own questions.

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**

**Examine each area of your life & rate on a scale of 1-10.**

10 = you are satisfied where you currently are.

Questions to consider are only a guide. Be sure to personalize each area & ask your own questions.

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**

**Area:**

**Objective (Broad & Long Term):**

**Goal (Direct, Specific & Measurable):**

**End Date:**