

Life Assessment Tool

This is an introspective activity to help you determine what you may need to be working on. Often, we may know we do not feel right, but are uncertain where to start. Take some time to think about each life domain listed. How satisfied are you with this domain? Are there aspects which need improvement? Are there things holding you back?

Self-esteem/Self-image

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Social Life

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Career/Studies

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Contribution

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?



Recreation/Fun

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?



Environment

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?



Creativity

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?



Romance

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Family

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Health

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?

Finances

Rating: (needs a lot of work) 1 2 3 4 5 6 7 8 9 10 (satisfactory)

Why this rating?