

Ready for Change?

DIRECTIONS:

Rate the follow areas of your life as:

- 1 = Not fulfilling/not attended to
- 2 = OK but something missing/attended to
- 3 = Very fulfilling/well taken care of

You cannot pass or fail this assessment. It's simply a tool for us to obtain an overall picture of your life *today*. It'll help us see where your strengths are and areas of improvement.



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WORK

1. _____ Stimulating
2. _____ Provides for growth
3. _____ Sufficient pay
4. _____ Time spent after hours on work
5. _____ Commute
6. _____ Workspace/physical environment
7. _____ Relationships with supervisors
8. _____ Relationships with co-workers
9. _____ Relationships with subordinates

RELATIONSHIPS

1. _____ Partner/spouse
2. _____ Children
3. _____ Parents
4. _____ Siblings
5. _____ Other family
6. _____ Close friend(s)
7. _____ Other friend(s)
8. _____ Pets
9. _____ Overall quality of relationships
10. _____ Overall quantity of relationships

MENTAL STIMULATION

1. _____ New learning
2. _____ Reading
3. _____ Lecture/classes
4. _____ Writing
5. _____ Discussion/conversation
6. _____ Other activities

PHYSICAL BODY

1. _____ Regular check-ups
2. _____ Dental/Vision/Hearing screenings
3. _____ Exercise
4. _____ Nutrition
5. _____ Mind/body practices (yoga, chiropractor, massage, etc.)

RECREATION

1. _____ Sufficient activities
2. _____ Variety of activities
3. _____ Enough time for activities
4. _____ Ability to pay for activities

What is fun to do alone? (list activities)

- 1.
- 2.
- 3.

What is fun for you to do with another person?

- 1.
- 2.
- 3.

What is fun for you to do in a group?

- 1.
- 2.
- 3.

SPIRITUALITY

1. _____ Feeling of peace
2. _____ Feeling of forgiveness toward others
3. _____ Feeling of forgiveness toward yourself
4. _____ Appreciation/gratitude you feel
5. _____ Positive outlook (mostly worry-free, not overly critical)
6. _____ Spiritual practices (prayer, quiet time, mediation, yoga, etc.)
7. _____ Organized religious activities

MONEY/POSSESSIONS

1. _____ House (large enough? Location? Etc)
2. _____ Furniture/Décor
3. _____ Car(s)
4. _____ Savings/Investments
5. _____ Debt
6. _____ "Take home" pay

LIFE SKILLS

1. _____ Time management (things done in timely manner, little procrastination, on-time for appointments, obligations, etc.)
2. _____ Balanced time in work, recreation, emotional, and spiritual activities
3. _____ Money Management
4. _____ Organization (clutter-free, orderly)
5. _____ Addiction-free
6. _____ Boundary Setting (know what you will/will not tolerate from others)
7. _____ High standards (clear on what you expect from yourself)
8. _____ Not over-committed
9. _____ Follow thru on commitments
10. _____ Effective communication skills
11. _____ Effective goal-setting (both long and short term)
12. _____ Effective at strategizing to reach your goals

NOTES: