

## *Life Assessment*

| Date:                            | Name         |   |   |   |   |   |   |   |   |   |    |             |
|----------------------------------|--------------|---|---|---|---|---|---|---|---|---|----|-------------|
| Value                            | Rating Scale |   |   |   |   |   |   |   |   |   |    |             |
| <b>Physical/Emotional Health</b> |              |   |   |   |   |   |   |   |   |   |    |             |
| Physical Health                  | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Quality of Diet                  | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Level of Fitness                 | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Level of Happiness               | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| <b>Financial</b>                 |              |   |   |   |   |   |   |   |   |   |    |             |
| Amount of Wealth                 | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Current Salary                   | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Amount of Savings                | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Amount of Investment             | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| <b>Relationships</b>             |              |   |   |   |   |   |   |   |   |   |    |             |
| Family                           | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Significant Other                | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Parents                          | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Siblings                         | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Children                         | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Friends                          | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Colleagues                       | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Co-workers                       | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| <b>Contribution</b>              |              |   |   |   |   |   |   |   |   |   |    |             |
| Helping Others in Need           | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Charities                        | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Donations                        | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| <b>Career</b>                    |              |   |   |   |   |   |   |   |   |   |    |             |
| Happiness at Your Job            | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Opportunities for Promotion      | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Opportunities for More Money     | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Work Environment                 | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| <b>Other</b>                     |              |   |   |   |   |   |   |   |   |   |    |             |
| Playtime                         | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| Love/Intimacy                    | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |
| "Me" Time                        | (Poor)       | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | (Excellent) |