

# HOW'S YOUR LIFE?

You can't pass or fail this! Use this form to get an overall picture of your life right now. See where your strengths are and what you'd like to work on.

## DIRECTIONS:

Rate the following aspects of your life as:

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

## WORK

1. \_\_\_\_\_ Stimulating
2. \_\_\_\_\_ Provides for growth
3. \_\_\_\_\_ Pays enough
4. \_\_\_\_\_ Time spent after hours on work
5. \_\_\_\_\_ Commute
6. \_\_\_\_\_ Workspace/physical environment
7. \_\_\_\_\_ Relationships with supervisors
8. \_\_\_\_\_ Relationships with coworkers
9. \_\_\_\_\_ Relationships with supervisees

## RELATIONSHIPS

1. \_\_\_\_\_ Partner/spouse
2. \_\_\_\_\_ Children
3. \_\_\_\_\_ Parents
4. \_\_\_\_\_ Siblings
5. \_\_\_\_\_ Other family
6. \_\_\_\_\_ Close friend(s)
7. \_\_\_\_\_ Other friends/pets,etc.
8. \_\_\_\_\_ Overall quality of relationships
9. \_\_\_\_\_ Overall quantity of relationships

## MENTAL STIMULATION

1. \_\_\_\_\_ New learning
2. \_\_\_\_\_ Reading
3. \_\_\_\_\_ Lectures/classes
4. \_\_\_\_\_ Writing
5. \_\_\_\_\_ Discussion/conversation
6. \_\_\_\_\_ Other activities

## RECREATION

1. \_\_\_\_\_ Enough activities
  2. \_\_\_\_\_ Variety of activities
  3. \_\_\_\_\_ Enough time for activities
  4. \_\_\_\_\_ Enough money for activities
- What is fun for you 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.

# Life Bridge Coaching



## SPIRIT

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, meditation, yoga, tai chi, etc)
7. \_\_\_\_\_ Organized religious activities

## PHYSICAL BODY

1. \_\_\_\_\_ Regular general check-ups
2. \_\_\_\_\_ Vision/hearing/dental screenings
3. \_\_\_\_\_ Exercise
4. \_\_\_\_\_ Nutrition
5. \_\_\_\_\_ Mind/body practices (tai chi, yoga, chiropractic, massage, Alexander Technique, etc.)

## MONEY/POSSESSIONS

1. \_\_\_\_\_ House (big enough, pleasant, location, etc.)
2. \_\_\_\_\_ Furniture, decor
3. \_\_\_\_\_ Vehicle
4. \_\_\_\_\_ Savings/investments
5. \_\_\_\_\_ Debt repayment
6. \_\_\_\_\_ Amount of money to live on

## LIFE SKILLS

1. \_\_\_\_\_ Time management (do things in timely manner, no procrastination, on-time with 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 (clear on what you won't tolerate from others)
7. \_\_\_\_\_ High standards (clear on what you expect from yourself)
8. \_\_\_\_\_ Not over-committed
9. \_\_\_\_\_ Follow through on commitments
10. \_\_\_\_\_ Effective communication skills
11. \_\_\_\_\_ Effective at goal-setting (long and short term)
12. \_\_\_\_\_ Effective at strategizing to reach goals