HOW’S YOUR LIFE?

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.

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 overtly 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 (t'ai 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

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