

Life Assessment

Name _____ **Date** _____

This is an opportunity for you to look closely and intensely at your life, into your heart and your soul to determine your goals for living a fulfilled and deeply happy life.

My Life Purpose or my Mission _____

Rating the Aspects of My Life

On a scale of 1 to 10 rate your satisfaction in each area with 10 being absolutely the best it can be and 1 being absolutely the worst:

Personal Growth	_____
Family Relationships	_____
Spouse/Romantic Relationship	_____
Friends/ Social	_____
Spiritual	_____
Financial	_____
Intellectual	_____
Interests/Activities/Hobbies	_____
Physical/Health	_____
Career/Business	_____
Living a Fulfilled Life	_____

My Vision

How would you like your life to be in 5 years? Describe it in exciting and audaciously big terms.

My Goals

Write goals or what you intend to create in each of the above areas of your life and in perspective of your life purpose, mission and vision.