

# Life Assessment Tool

*Instructions: Rate each area of your life from 1 to 10. (1=total failure; 10=as close to perfection as you can get in this world). Next write down 3 things that are working in that area of your life. Then write down 3 things that need improvement in that area.*

Life Area	Rating	What Works	Needs Improvement
<b>Spiritual</b> (Are you studying your Bible every day? Spending time in prayer? Connected with a church family? Involved in some sort of ministry?)			
<b>Relationship</b> (Are you married or single? Single? Are you in a relationship right now? Do you want to be in a relationship? Married? How is your relationship with your spouse? Do you communicate well? Do you show your love? Do you feel loved?)			
<b>Family</b> (Are you a parent? What is your relationship like with your children? What is your relationship like with your parents? With your siblings? With your extended family?)			
<b>Career</b> (Do you like your job? Do you want to change jobs? Are you doing what you dreamed about? How are your relationships with your co-workers? With your boss? Continuing your education? Are you doing your best?)			

<b>Social</b> (Are you happy with your social life? Do you have friends? People you hang out with? Someone to talk to? Are you volunteering or giving back with your time?)			
<b>Physical Health</b> (Are you exercising consistently? Eating healthy foods? Drinking plenty of water? Getting regular exams?)			
<b>Mental/Emotional</b> (Are you happy in general? Depressed? Anxious? Stressed? Do you make time for you? Journaling?)			
<b>Financial</b> ( Are you in debt? Living from paycheck to paycheck? Or do you have enough? Enough to live on? Enough to give away?)			
<b>Creative/Fun</b> (Do you have hobbies? Read? Take time to relax and have fun? What do you do for fun?)			