Life Evaluation Worksheet

Rate your satisfaction or fulfillment of each based on a scale of 1-10. Ten being the highest – as in “It's FABULOUS and couldn't be better!” and 1 being “This has to freaking change.” Then write something down that would make it rate higher.

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Rate your satisfaction or fulfillment of each based on a scale of 1-10. Ten being the highest – as in “It's FABULOUS and couldn't be better!” and 1 being “This has to freaking change.” Then write something down that would make it rate higher.

Physical Activity

Nutrition/Diet

Home Environment

Romantic Relationship

Family Relationships

Friendships/Social

Community Involvement

Spirituality
How do your numbers look?

Which areas of your life are most nurturing you?

Are there areas that fall in the middle range that you would like to improve?

Can you see areas that cause you to feel stressed or empty and unfulfilled?

Take some time to journal your thoughts, ideas, and revelations.

What is it that feeds YOU? What do you love doing? What do you look forward to the most?

When are you the most: happy, energized, balanced, at peace, joyful, fulfilled, etc.? Think about what that is for you and how you can create that.
For the areas of your life that were below an 8-10 range, what are some ideas you have to feel more satisfied and complete?

Identify three to five areas that are not currently providing you the nourishment you want and need but with improvement, would have the most significant impact on your life.

- Which of those areas would be the easiest to start with and why?
- Which would be the most challenging and why?
- Which 3-5 areas could you work on that would improve your happiness and life balance? Be specific.

**My 3-5 Areas That Need More Nurturing**

Note your 3-5 areas that need more nurturing and reflect on ways to go about that.

1. 

2. 

3. 

4. 

5. 

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To Consider and Do

- Notice what brings you absolute joy?
- Make a list of what feeds you the most on an emotional and/or spiritual level.
- Determine how do you want to focus on those?
- What one action step will you take this week to increase your joy, emotional and/or spiritual fulfillment?
- Which area of improvement will you work on this week? What is your first action step?