



## 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.

Finances

1 2 3 4 5 6 7 8 9 10

Career

1 2 3 4 5 6 7 8 9 10

Education

1 2 3 4 5 6 7 8 9 10

Creativity

1 2 3 4 5 6 7 8 9 10

Overall Health

1 2 3 4 5 6 7 8 9 10

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

1	2	3	4	5	6	7	8	9	10

Nutrition/Diet

1	2	3	4	5	6	7	8	9	10

Home Environment

1	2	3	4	5	6	7	8	9	10

Romantic Relationship

1	2	3	4	5	6	7	8	9	10

Family Relationships

1	2	3	4	5	6	7	8	9	10

Friendships/Social

1	2	3	4	5	6	7	8	9	10

Community Involvement

1	2	3	4	5	6	7	8	9	10

Spirituality

1	2	3	4	5	6	7	8	9	10



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.

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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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