



LIFE ASSESSMENT

Rate the following on a scale of 1 to 5, 1 being least true and 5 being most true:

Parenting					
How would you rate your current level of involvement in your children's lives?	1	2	3	4	5
Are you consistent in implementing rules and consequences for your children?	1	2	3	4	5
Do you take time to listen and communicate with your children on a regular basis?	1	2	3	4	5
Are you able to balance your work and personal life with being a parent?	1	2	3	4	5
How do you handle conflicts or disagreements with your children?	1	2	3	4	5
Have you established clear core values for your family and children to follow?	1	2	3	4	5
Are you open and receptive to feedback and suggestions from your spouse or other family members in regards to parenting?	1	2	3	4	5
Do you make an effort to teach your children important life skills, such as financial responsibility, time management and problem-solving?	1	2	3	4	5
Do you pray often with your children?	1	2	3	4	5
Would you say that you demonstrate your faith that God is in control to your children?	1	2	3	4	5
					Total Score:

Marriage					
How do you and your spouse prioritize your relationship amidst other responsibilities such as work, children, and personal pursuits?	1	2	3	4	5
How well do you communicate with your spouse, particularly when it comes to discussing challenges or disagreements?	1	2	3	4	5
How often do you prioritize quality time together without distractions or interruptions?	1	2	3	4	5
How willing are you to compromise and meet each other's needs?	1	2	3	4	5
How would you describe the overall level of satisfaction and happiness in your marriage?	1	2	3	4	5
How frequently do you express appreciation and gratitude towards each other?	1	2	3	4	5
How comfortable are you expressing vulnerability and being emotionally open with your spouse?	1	2	3	4	5
How frequently do you set and work towards shared goals and visions for your future together?	1	2	3	4	5
How invested are you in maintaining and strengthening your emotional and physical intimacy?	1	2	3	4	5
I pray often with my spouse.	1	2	3	4	5

Total Score:

PHYSICAL					
I do strength training at least 3x a week.	1	2	3	4	5
I do cardiovascular exercise at least 3x a week.	1	2	3	4	5
I do stretching and/or yoga type exercise at least 3x a week.	1	2	3	4	5
During a typical day, I watch no more than 1 hour of TV	1	2	3	4	5
I eat breakfast (more than just coffee) every day.	1	2	3	4	5
I don't eat fast food, ever.	1	2	3	4	5
I spend time outside for at least 30 minutes a day, every day.	1	2	3	4	5
I have undisturbed sleep for at least 8 hours each night.	1	2	3	4	5
I don't drink more than 1 caffeinated beverage per day.	1	2	3	4	5
I drink at least 64oz of water per day (8 glasses).	1	2	3	4	5

Total Score:

FINANCIAL					
I tithe at least 10%.	1	2	3	4	5
I have a professionally designed and diversified financial portfolio.	1	2	3	4	5
I save at least 10 percent of my income every month.	1	2	3	4	5
I am credit card debt free.	1	2	3	4	5
I have a dedicated 6-month reserve account completely funded and set aside.	1	2	3	4	5
I feel that I am compensated completely according to my worth.	1	2	3	4	5
I have an updated and complete last will and testament.	1	2	3	4	5
I have the needed insurance and financial plan in place for my family should something happen to me.	1	2	3	4	5
I have a detailed plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	1	2	3	4	5
I have set financial margins and live at or below them.	1	2	3	4	5
Total Score:					

Professional					
I plan my day out the day before.	1	2	3	4	5
My goals are written, prominently displayed and regularly reviewed.	1	2	3	4	5
I love what I do and enjoy getting up every day to do my job.	1	2	3	4	5
I am continually filled with fillings of accomplishment and satisfaction from my work.	1	2	3	4	5
I am constantly improving my professional strengths and weaknesses.	1	2	3	4	5
If I could, I would still do my job without pay.	1	2	3	4	5
I am home with my family on time every day.	1	2	3	4	5
My current business/job has the realistic potential of accomplishing all my financial goals for the next year.	1	2	3	4	5
My current business/job has the realistic potential of accomplishing all my financial goals for the next 10 years.	1	2	3	4	5
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.	1	2	3	4	5
Total Score:					

Mental					
I read something instructional or inspirational for at least 30 minutes each day.	1	2	3	4	5
I listen to something instructional or inspirational for at least 30 minutes each day.	1	2	3	4	5
I stay completely current with my industry news.	1	2	3	4	5
I seek instructional information in my field every day.	1	2	3	4	5
I have a mentor whom I trust.	1	2	3	4	5
I have 5 strong alignments in my life.	1	2	3	4	5
I never engage in gossip.	1	2	3	4	5
I review my major goals every day.	1	2	3	4	5
I always say no to requests and obligations that don't fit my core values or objective.	1	2	3	4	5
I am a source to others that want to improve in my area of expertise.	1	2	3	4	5
Total Score:					

SPIRITUAL					
I have a personal relationship with God.	1	2	3	4	5
I spend time daily reading the bible / reading a bible study and praying.	1	2	3	4	5
Others who know me, know that I am a Christian.	1	2	3	4	5
I speak positive over myself daily.	1	2	3	4	5
I have Core Values set and live by them.	1	2	3	4	5
I believe that God has an amazing plan for my life.	1	2	3	4	5
I always think positively about myself and the situations I am in.	1	2	3	4	5
Others who know me, would say I think positive, speak positive and live by my Core Values.	1	2	3	4	5
I am a Spiritual Leader in my family.	1	2	3	4	5
I am a Positive Spiritual Influence to those that I am around daily.	1	2	3	4	5
Total Score:					

LIFESTYLE

I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	1	2	3	4	5
I attend cultural events (e.g., opera, museums, theater) at least two times a month.	1	2	3	4	5
I vacation at least once a year with no work communications.	1	2	3	4	5
I spend as much time as I want with my family.	1	2	3	4	5
I spend as much time as I want with my friends.	1	2	3	4	5
I am constantly seeking adventure, trying something new and creating diverse experiences.	1	2	3	4	5
I feel like there is enough time in the day to do what I both need and want to do.	1	2	3	4	5
I live life to the fullest every day.	1	2	3	4	5
I take time out to daydream every day.	1	2	3	4	5
I am completely present in every moment of every day.	1	2	3	4	5

Total Score:

THE WHEEL OF LIFE

To determine the balance sheet of your life, take your scores from the previous pages and plot them on the wheel. Start from the center and use the key to mark your current status. Then connect all the dots and you will see how balanced your wheel is or isn't. If it has serious deviations or flat spots you now know why your life doesn't "roll" along as smoothly as you would wish.

KEY: Score of 5 = 1 notch. Score of 6-10 = 2 notches. Score of 11-15 = 3 notches. Score of 16-20 = 4 notches. Score of 21-25 = 5 notches. Score of 26-30 = 6 notches. Score of 31-35 = 7 notches. Score of 36-40 = 8 notches. Score of 41-45 notches = 9 notches. Score of 46-50 = 10 notches.

