

Life Evaluation

The purpose of this exercise is to assess where you feel with your life at this present time. This will indicate areas that may require some attention. It is important that you are very honest with yourself in your assessment. There are no right or wrong answers, this assessment is as individual as you are. If there is one overpowering strength, this may need as much attention as a weaker area to restore balance.

Please rate each area, examples for identifying the criteria can be found on the following page, from weak 1 to strong 9.

From this you should be able to identify up to three priority areas.

Momentary State	Not Fulfilled ↓			Reasonable ↓			Very Fulfilled ↓		
Life Area									
1 Life's Journey, Career	1	2	3	4	5	6	7	8	9
2 Personal Relationships, Love	1	2	3	4	5	6	7	8	9
3 Elders, Past, Family	1	2	3	4	5	6	7	8	9
4 Good Fortune	1	2	3	4	5	6	7	8	9
5 Well Being, Health	1	2	3	4	5	6	7	8	9
6 Helpful People, Mentors	1	2	3	4	5	6	7	8	9
7 Creativity, Children	1	2	3	4	5	6	7	8	9
8 Knowledge, Wisdom, Quiet Contemplation	1	2	3	4	5	6	7	8	9
9 Reputation, Illumination, Fame	1	2	3	4	5	6	7	8	9

Priority 1 Life Area:

Priority 2 Life Area:

Priority 3 Life Area:

Life Area	Rating 1 Not Fulfilled	Rating 9 Very Fulfilled
1 Life's Journey Career	I can't find focus and don't enjoy what I am doing. I don't like my job or I don't have a job and am finding it difficult to get work.	I enjoy my life, I know where I am going and everything is going according to plan.
2 Relationships Personal relationship/Partner	I find it difficult to make or keep personal relationships with a partner. I am unhappy in my relationship and am thinking about splitting up. I have had a number of bad relationships.	I have a happy relationship with my partner. I find it easy to find partners and forge happy relationships. I feel loved.
3 Elders Parents/ Family/Past	I don't/didn't have a very good relationship with my parents. I am unhappy with my relations and family. I don't get on with my boss.	I have/ had a good relationship with my parents. I feel/felt supported and loved. I am happy with my relations and respect my elders who have always been supportive. I get on well with my boss.
4 Good Fortune Abundance Prosperity	All I seem to get these days is bad luck. Money is a problem, there is not enough to make ends meet.	I am very lucky, things just seem to come at the right time. I have a reasonable income and have everything that I need.
5 Well Being Health Mind, Body and Soul	My physical, mental and emotional health is not good. I lack energy and drive and I find it difficult to concentrate and do not feel secure or in control.	My physical, mental and emotional health is good. I have lots of energy and feel stable and secure. I am in control of my life
6 Helpful People Friends/ Mentors Travel	Everyone seems to be against me. I don't have many friends and have difficulty making friends. No one ever asks me for help. I feel very alone.	I have lots of friends and there is always someone there to give me a hand. I help my friends when they are in need, they turn to me for help.
7 Creativity Children/Hobbies	I haven't any children and don't like them. I want children but haven't been able to conceive. I do not have a good relationship with my children. I am not creative.	I haven't any children but enjoy other peoples. I have lovely children and have a good relationship with them. I am creative and enjoy my hobbies.
8 Quiet Contemplation Knowledge/ Wisdom	I find it difficult to relax. My head is always full of busy thoughts. I am stressed most of the time. My life is monotonous.	I find time to relax and clear my thoughts though a daily routine (meditation, yoga, walking the dog, gardening). I find it easy to keep calm. I feel spiritual.
9 Reputation Illumination Fame	I do not know where my life is going. I get little pleasure from life. I do not feel fulfilled. I am not appreciated or recognised for my work.	I have a clear vision of my purpose in life. I am content in what I do. I am valued for my work. I am respected for what I do and who I am.