

# MY LIFE

Most of our lives are so busy we never take the time to look at them. Here we are going to do just that...look at our life TODAY.

There are 8 areas of life listed below. Look at each area, read the questions and think about your answers. Don't write them down, but think about how you would answer them, honestly. There are no right or wrong answers...this is all about you!

After thinking about your answers to the questions in each area, rate yourself from 1-10. 1 = you need to work on every aspect in that area of your life. 10 = you couldn't possibly improve in that area. Once you have your score, write a couple of words that will remind you later about the reason for the score.

## HEALTH:

How well do you eat? Do you plan your meals? How knowledgeable are you about what you eat?

Do you exercise? (think about the last 7 days). Do you like exercising? Do you get excited or feel obligated when thinking about exercising?

Are you happy with your weight? Would you like to lose, gain, or shift some weight?

How is your energy? Do you have plenty throughout the day? Is it low? Does it fluctuate depending on what you eat or time of day?

How do you sleep? Do you get sleep? Is it quality sleep?

HEALTH SCORE ..... WHY .....

## CAREER/WORK:

Do you like work? Do you look forward to going to work? Do you think about work when you are not working? When you are working, do you think about anything but work? Are you excited about your future in your



job/career? Where do you see yourself in five years in your job/career? Is what you are doing your dream job?

CAREER/WORK SCORE ..... WHY .....

### RELATIONSHIPS:

**If you have a partner...**are you happy with your partner? Do you look forward to seeing them? Do you feel pressure or stress when you are with them? How well do you get along with your partner... Could it be better... how? Is this the relationship of your dreams?

**If you do not have a partner...**do you want one? Do you feel having a partner would complete, you or compliment, your life? Do you feel lonely without a partner? If you would like a partner, do you date? Do you enjoy dating?

RELATIONSHIP SCORE ..... WHY .....

### FAMILY/FRIENDS:

Think about other relationships in your life. Your family, friends, and even acquaintances. How is your relationship with your family? Your friends? Think about your closest friends and family members. Are there relationships you wish were closer or stronger? Who/Why?

Do you enjoy meeting new people...why or why not?

FAMILY/FRIENDS SCORE ..... WHY .....

### MONEY/FINANCE:

When you think about money, what comes to mind...fun, fear, excitement, responsibility? Think about your bank balance, your savings and retirement. How solid is your income stream...dependable...varies... unknown? How much debt do you have? When you think about your financial situation and the rest of your life, how comfortable do you feel?

MONEY/FINANCE ..... WHY .....

## **FUN:**

Do you have fun? Would you consider your life fun? Why? Why not?

How do you spend your time when you are not working? Do you spend time on things that interest you? Do you enjoy your “me time?” Are there things you have interest in doing or being involved with that you have not acted on but would like to? Would you like to travel more? How much TV do you watch? Too much? Not enough? How much time do you spend on the internet?

**FUN SCORE** ..... **WHY** .....

## **PERSONAL GROWTH:**

Do you spend time thinking about how to better yourself? How much time do you spend learning new things? Are you actively trying to expand your knowledge, and make yourself better?

**PERSONAL GROWTH SCORE** ..... **WHY** .....

## **SPIRITUALITY:**

You may or may not believe in a higher power.

If you do, how is your relationship? Is your relationship where you want it to be? How could it be better? Are there places of worship or groups you have wanted to join or visit? What can you do to strengthen your relationship?

**SPIRITUALITY SCORE** ..... **WHY** .....