

Executive **LIFE** & Living Coaching

Life Fulfillment Assessment: Personal

Rate each of the following arenas of your life with a numerical score between 1-10; with 1 indicating “I am totally unfulfilled in this area” and 10 meaning “I couldn’t be happier with this area.” Give your best overall assessment of how pleased/peaceful/fulfilled/content you are at this point in your life. Skip any areas that don’t apply. Beginning with your lowest scores, write in column three what a ‘10’ would look like. Be specific.

<i>Arena of Life</i>	<i>Score</i>	<i>What would a ‘10’ look like?</i>
My relationship with God		
My church life		
My physical life & health		
My inner life - emotions/thinking		
My marriage/romantic life		
My home life -‘how the family works’		
My extended family – relatives, in-laws etc.		
My personal disciplines – planning, efficiency, simplicity, exercise, diet		
My social life – friends & associates outside of my family		
My ‘sharpening the saw’ activities – fun, recreation, hobbies etc.		
My personal ministry – understanding & utilizing my gifts		
My financial stability – present & future		
My career/employment		
My relationship with & witness to unbelievers		
My relationship with children – list each separately _____ _____ _____		
My relationship with grandkids		