

Assess

your Life

Assess your life as it is now, then imagine how you would like it to be. Rate these subjects on a scale from 1 to 10.

Well Being

Overall physical well being —
Overall psychological well being —

Relationships

Children — Parents — Partner/Spouse —
Friends — Coworkers/Colleagues — Siblings —

Physical Health

Weight — Diet — Exercise —
Sleep — Energy —

Psychological Health

Peace of mind — Mental clarity —
Stress management — Self-esteem —

Work

Work satisfaction —
Feeling valued at work —
Alignment with your values —

Finances

Relationship with money — Content with income —
Debt management — Savings —

Pleasure

Food/Conversation —
Laughter — Sex —
Creative expression —
Nature — Music —
Games/Sports — Arts —
Travel/Adventure —

Looking back at the end of your life, what would you like to have experienced? (e.g. close family, dear friends, travel, writing a book):

- _____
- _____
- _____
- _____
- _____

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