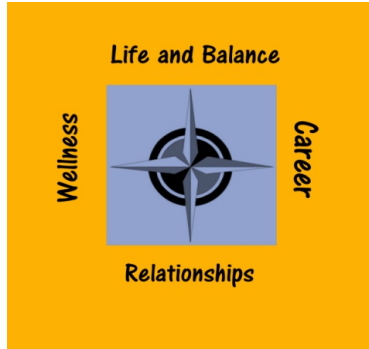


Life Assessment Work Sheet



Life is a journey, and we need to continually set our Compass to ensure that we do not veer off course. We can all end up at times crashing upon some unknown shore asking – how did I get here? Periodically checking your Compass for balance can set you back on the path to success. Having a balanced Compass/Life ensures that your journey will be fulfilling. Take this simple assessment to determine where your Compass is ‘off course’ and start to set your course back on track.

Life and Balance	Yes	No
I only do things each day that are important to me and my life/business/career		
I spend time regularly doing FUN things - hobbies – creative pursuits		
Each day I set aside ‘me’ time for reflection, walking, spiritual pursuits		
My home surroundings are cared for and enable me to feel supported and comfortable.		

Career and Business	Yes	No
I am organized in my money methods, both personal and business		
I enjoy my work, get satisfaction out of what I do and like the people I interact with		
I have a plan in place to be debt free or am already debt free – I can manage the debt I have		
Even when my work is challenging, I feel I am making a difference.		

Relationships	Yes	No
The relationship with my significant other is supportive and positive, if single; I am OK with my relationships as they are.		
Family gatherings and relationships with family are strife free and positive, most of the time.		
I have solid friendships that are mutually supportive, not based on expediency.		
I involve myself in my community (clubs, groups, church or networking groups) – and I try to make a difference to others.		

Wellness	Yes	No
I am happy with my appearance and weight, body image I do some type of daily exercise, walking, yoga etc.		
I have the energy needed to accomplish my daily commitments and goals.		
I am comfortable with how I portray myself (self Image)		
I make and keep appointment with healthcare givers to prevent illness		

Scoring the Assessment

Give yourself a score of 5 for each Yes – and calculate out of 20 for each point of the Compass.

	Score
Life and Balance	
Career and Business	
Relationships	
Wellness	

Where is your Compass out of balance? Start to build some goals in each area that you feel you need to work on. Post your goals somewhere you can see them every day – writing them down and making them visible makes the process real. Watch how you will accomplish what you set out to do.

Life Area	Goal
Life and Balance	
Business and Career	
Wellness	
Relationships	

Remember to keep your goals SMART

S - Specific – put a number or time to it

M – Measurable – how will you know you have attained it?

A – Achievable – ensure that the goal you have set is not ‘pie in the sky’.

R – Realistic – ensure that you do things in achievable chunks.

T - Timely – don’t say “I’m going to do this ‘someday’”. Have a specific time in mind.

Best of luck in your journey – and don’t forget, if you need help along the way Irene has many coaching programs to help.