

LIFE PERFORMANCE ASSESSMENT



Are you operating at your best? This exercise can help you identify which areas of your life need attention.

THE ASSIGNMENT

First, complete this form as a baseline of where you are now. Then repeat each week to monitor progress, prioritize for the coming week and stay focused on your goals. If your scores are initially low, that's OK. That offers clarity on what you may want to work on. As time passes, your scores should improve. This means you are making positive strides towards your goals. If they don't, you may need to push yourself out of your comfort zone or consider working with a coach. Pro tip: Rank are areas by priority and use that to focus your efforts. This is an opportunity to tap into your BRILLIANCE!

Rank	PERFORMANCE CATEGORIES	LOW ----- HIGH										Total
1	PHYSICAL HEALTH - I am making good choices for myself, eating well, hydration, exercising and relaxing.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
2	MENTAL HEALTH – I practice gratitude, get plenty of sleep, and stay focused on my goals. I ask for help/support when I need it.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
3	FINANCES – I am making good financial choices. I invest when possible. I refrain from splurging and impulse buys and live within my means.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
4	PARTNER/LOVE – I wake up each day committed to my partner and choose to love and be grateful for them. I show love through my actions and words. If single, I express gratitude and appreciation for others.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
5	FAMILY - I stay in touch and connect with my family routinely. I let them know they are appreciated and spend time together when possible.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
6	FRIENDS – I connect with friends routinely and meet up when possible. I let them know I appreciate them. I encourage their goals and am happy when they succeed.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
7	EXPERIENCES – I participate in activities that make me feel happy. I intentionally make time for myself to do things I love, which can range from a walk in the park, social outing to travel.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
8	GROWTH – I am open to learning and growing each day and am always taking action to improve myself.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
9	POSITIVE MINDSET – I am intentionally choosing to think positively about myself, challenges, goals and others. I actively take steps to support reaching my goals.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%
10	PROBLEM SOLVING – I am thoughtful, calm and rational when approaching a problem. I make informed decisions, and act with integrity. I confidently make good choices.	1	2	3	4	5	6	7	8	9	10	___ x 10 = ___%