



L I F E A S S E S S M E N T

How happy are you in each area ?

H E A L T H :
A N D F I T N E S S

(1) (2) (3) (4) (5)

L O V E R :
R E L A T I O N S H I P

(1) (2) (3) (4) (5)

F A M I L Y :

(1) (2) (3) (4) (5)

L I F E V I S I O N :

(1) (2) (3) (4) (5)

R E C R E A T I O N :

(1) (2) (3) (4) (5)

I N T E L L E C T :

(1) (2) (3) (4) (5)





EMOTIONAL :

① ② ③ ④ ⑤

CHARACTER :

① ② ③ ④ ⑤

SPIRITUALITY :

① ② ③ ④ ⑤

SOCIAL :

① ② ③ ④ ⑤

FINANCIAL :

① ② ③ ④ ⑤

QUALITY OF :
LIFE

① ② ③ ④ ⑤

CAREER :
LIFE

① ② ③ ④ ⑤



SCORE _ _ _ _ _
OUT OF 65

