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LIFE AREAS ASSESSMENT

Rate your *level of satisfaction* with each of the life areas listed below. If you feel very satisfied, you would fill in far to the right; if you are strongly dissatisfied with a life area, that would have relatively few squares filled in.

EXAMPLE:

Career										(Secure employment that you enjoy)
Family										(Those you live with and/or your family of origin)
Finances										(Retirement planning, will, savings, net-worth)
Health/Self Care										(Diet, exercise, weight, relaxation, hygiene, etc.)
Spirituality										(Self-defined)
Personal Development										(On-going learning and skill development)
Home/Environment										(House, neighbourhood)
Fun/Leisure/Recreation										(Play!)
Social										(Having a circle of friends that you spend time with)
Community Service										(Volunteer work or charity; some way of giving back)

YOURS:

Career										
Family										
Finances										
Health/Self Care										
Spirituality										
Personal Development										
Home/Environment										
Fun/Leisure/Recreation										
Social										
Community Service										

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