



LIFE ASSESSMENT WORKSHEET

ASSESS:

Instead of living your life from the past, it's time to start creating your life from the future, but first you need to assess where you are, and consider how you got there.

Choose an area of your life you'd like to elevate. Consider the following areas:

Business & Career

Family & Friends

Home & Environment

Body & Appearance

Money & Finances

Mind & Spirit

Health & Wellness

Fun & Recreation

Love & Pleasure

ASSESS YOUR BEFORE:

It's time to examine and assess your thoughts about this area. It's important to know where you are coming from, so you can envision where you want to go from here. This is not a practice to shame yourself over your past, but to merely understand the choices and actions that brought you to where you are. You wouldn't be here without them.

How do you feel about this area? (*discouraged, excited, frustrated, angry, etc.*)



REFLECTION

Why did you choose this area?

What's working well in this area?

What's not working in this area?

What's the #1 thing holding you back in this area?

When you reflect on what you wrote about this area of your life, what additional thoughts come up for you? Could elevating how you are showing up in this area of your life affect other areas of your life? What is the first thing you could change in this area of your life to get to where you want to be?