



# EVALUATION OF YOUR OVERALL WELL-BEING





Evaluating your overall well-being and setting personal and relationship goals is something that is often put off and will linger on your to-do list indefinitely if you allow it.

While you may desire to make changes in your life, figuring out how to move from where you are to where you want to be can be challenging. Which often results in giving up before even getting started.

**BUT it's NEVER too late, so let's get started!**

# Evaluate Your Well Being

Asking yourself the following questions will help you to evaluate your overall well being.

Describe the connection that you have with yourself?

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[illegible]



What do you feel is missing in your life right now?  
What have you done to improve these areas?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What would happen in one year if nothing in your life were to change, and you continued living your life the way you live today?

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How do you cope with life stressors?

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How often do you feel inner peace? What interferes with your ability to experience inner peace?

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What does it mean to be your true authentic self?  
Are you living your true authentic self? If not, why?  
If so, describe how.

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For more tools to build a healthier  
relationship with yourself and others,  
keep in contact with us:



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