

# ASSESSING YOUR LIFE

## Life Design Workbook



**SELF**  
PATHFINDER



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## Welcome!

In order to design your life and put all the pieces of your life together, it's important to consider and carefully assess your life in its present state.

## How To

Go to a quiet place where you will not be disturbed and consider the following questions carefully.

Take your time answering the question since they are key in designing the life you really want.

Your answers can provide you with key insight into what you need to do and the plans you need to make to design the life you want to live.

When answering each question, consider the 8 areas of life and self:

- Social/Friends/Family
- Finances/Wealth
- Romantic Life
- Health and Fitness
- Recreation/Relaxation/Fun
- Career/Professional
- Spiritual Development
- Personal Development

When you are finished you should be able to have a clear picture of where you are and what areas need work in designing the life you want to live.





## ASSESSING YOUR LIFE QUESTIONS

**1. I believe that I have control over my life and its destination:**

Yes \_\_\_ No \_\_\_ Not Sure \_\_\_ Somewhat \_\_\_

**2. Generally, I look forward to each day and thrive in my life:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**3. I am curious and seek to find new ways to add fulfillment and enjoyment to my life:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**4. My life has purpose and meaning:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**5. I am fulfilled:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**6. I enjoy inner peace:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**7. I make decisions with my wellbeing in mind:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_

**8. I am vigilant over where my life is going and make corrections as needed:**

Yes \_\_\_ No \_\_\_ Not Enough \_\_\_



**9. How would you rate your overall emotional stability on a scale of 1 to 10 with 10 being the highest? \_\_\_\_\_**

**10. How would you rate your overall peace of mind on a scale of 1 to 10 with 10 being the highest? \_\_\_\_\_**

**11. I live a life that is inline in with my values and beliefs:**

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Enough \_\_\_\_\_

**12. I want more from life:**

Yes \_\_\_\_\_ No \_\_\_\_\_

**13. I am seeking to move forward:**

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Enough \_\_\_\_\_

**14. My beliefs empower me and inspire me to live the best life as I see that to be:**

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Enough \_\_\_\_\_

**15. My life is not at all how I want it to be:**

Yes \_\_\_\_\_ No \_\_\_\_\_

**16. I make self-care a priority:**

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Enough \_\_\_\_\_

**17. I am optimistic and positive about my life:**

Yes \_\_\_\_\_ No \_\_\_\_\_ Not Enough \_\_\_\_\_

































































