



Compass Life Assessment

Rate each category from 1 to 10

1 = I'm not happy and very dissatisfied

10 = I'm very happy and very satisfied

Life Categories

Romantic Life How would you rate the overall quality of your current intimate relationships? If you are not currently in a relationship, please rate your past or most recent relationship.	1	2	3	4	5	6	7	8	9	10
Personal Growth & Development How would you rate your overall personal growth & development? How do you feel emotionally & psychologically?	1	2	3	4	5	6	7	8	9	10
Recreation, Relaxation & Fun How happy are you with your daily recreation, relaxation and fun activities? Do you need to do more, do you find them enjoyable?	1	2	3	4	5	6	7	8	9	10
Spiritual Development Have you been congruent with your beliefs and values? Have you used your beliefs and values in your daily actions and decision making?	1	2	3	4	5	6	7	8	9	10
Career & Professional Life Do you feel fulfilled by your work and contributions to your community? Do you believe that your work adds real value? Are you excited by what you are doing or do you dread it?	1	2	3	4	5	6	7	8	9	10
Finances & Money Are you being responsible with how you spend money? Are you saving for the future? Are you comfortable with your lifestyle?	1	2	3	4	5	6	7	8	9	10
Health & Fitness How would you rate your overall health & fitness? Do you regularly take care of yourself so that you can feel your best?	1	2	3	4	5	6	7	8	9	10
Social, Friends & Family Are you present with friends and family? Does your immediate circle of friends bring you fun and positive energy in your life? Do you spend enough time with your social circle?	1	2	3	4	5	6	7	8	9	10
Total Score										