**Balanced Life Assessment: An Evaluation Tool**

***(Optional)***

Below many aspects of life are divided into ten areas to make it easier to take a snapshot view of each one.

Consider each area and ask yourself, "How fulfilled am I with this part of my life?"

In the blank, assign yourself a score where "0" is no fulfillment or satisfaction at all and 10 is "completely fulfilled." (Note a 10 does not mean it cannot be improved or that it will not require continuing attention to maintain this level of satisfaction. It means that, for the moment, you are feeling complete fulfillment in this area.)

You can also split a section in half. For example, you could assign "Home/Office Environment" a "7" at the office and a "2" at home.

If you'd like, you can make a few notes next to each rating, to remind yourself what you were thinking about when you assigned yourself a score.

The ten areas are:

**1. Professional (0-10)** Click or tap here to enter text.

**2. Financial (0-10)** Click or tap here to enter text.

**3. Physical (0-10)** Click or tap here to enter text.

**4. Spiritual (0-10)** Click or tap here to enter text.

**5. Social Support (0-10)** Click or tap here to enter text.

**6. Intimacy (0-10)** Click or tap here to enter text.

**7. Family (0-10)** Click or tap here to enter text.

**8. Learning/Growth (0-10)** Click or tap here to enter text.

**9. Home/Office Environment (0-10)** Click or tap here to enter text.

**10. Play/Fun (0-10)** Click or tap here to enter text.

How did you do? Did some areas score really high while others were only okay? Did you realize that some areas could really use some work? What can you do to begin to bring up that rating? What would a "10" look like? This evaluation tool can be the introduction to coaching for you when you complete it and use it as a way to get acquainted with your coach and define your needs.