

Life Assessment Health Check

AREAS OF LIFE	Describe your current situation	Rating (1 to 5) where 1=Poor, 5=Great)	Describe your ideal situation	Rating (1 to 5) where 1=Poor, 5=Great)
Mental State and Personal/ Professional Development				
Vocational Interest/ Career and Business				
Financial Stability				
Family and Personal Relationships				
Social Life and Family Life				
Physical Well-Being				
Spiritual Well-Being				

BE YOUR OWN BOSS