

Life Areas Assessment

Life Areas	Score
Finances	
Career/Job/Contribution	
Mental health & happiness	
Physical health, diet, fitness	
Friends & social group	
Family	
Parenting	
Partner/Relationship/Significant person/Intimacy	
Personal development	
Fun & recreation	
Home environment	
Religion & spirituality	

Score each area from 0- 10.

10 being fabulous at the moment, 0 being the worst it could be. Do not think too much, write down your first answer. Ignore any areas that do not apply. 10's are not necessarily the goal. The exercise will identify the areas you may wish to address.

Areas To Address



1. Complete mind map for each
2. Complete a well formed outcome if necessary
3. Transfer details to Goal Setting Proforma
4. Summarise into short, medium & long term goals.