



Conscious Living by Design: Where life changes - for good.

This assessment helps you to look at your lifestyle; twelve life aspects for you to consider for satisfaction and balance as when any of these are out of alignment, you can expect a knock-on effect.

Please answer *intuitively* and try to avoid overanalysing your score for each category. Answer each section by circling, or making a note, the number closest to how you feel; 1 = *unsatisfactory* and 10 = *It's all I could wish for!*

If any of the categories are not applicable or relevant to you, feel free to replace them with your category of choice (ie creativity, risk, weight-loss, travel) - you decide!

1. Your Love Relationship

Whether a husband, wife, son, daughter, or partner, how satisfied are you in your relationships with primary loved ones?

1 2 3 4 5 6 7 8 9 10

2. Your Parenting Life

If you are a parent, consider your relationship with your children and your joint caregiver.

Do you all offer love, attention, and respect uniqueness, unconditionally?

1 2 3 4 5 6 7 8 9 10

3. Your Work Life and Career

How satisfied are you with your current professional situation and the fulfilment this role brings?

1 2 3 4 5 6 7 8 9 10

4. Your Emotional Health

How aware are you of your emotions throughout your day?

Consider the part your negative emotions play (ie anger, stress, low mood etc) and whether you feel the need to numb these emotions.

1 2 3 4 5 6 7 8 9 10

5. Your Health and Fitness

How satisfied are you with the level of exercise you get and the diet you maintain?

1 2 3 4 5 6 7 8 9 10

6. Your Intellectual Life

Do you enjoy and take time for learning?

Consider how often you leave your comfort zone to learn new information and allow yourself to grow intellectually.

1 2 3 4 5 6 7 8 9 10

7. Your Environment

How satisfied do you feel at home and at work with the environments you spend most time in?

1 2 3 4 5 6 7 8 9 10

8. Your Financial Horizons

Are you content with your financial position?

Consider your relationship with money.

1 2 3 4 5 6 7 8 9 10

9. Your Character

What might friends and family describe as your character traits? Are you considered to demonstrate integrity, be virtuous in nature, driven, curious, and have the desire to excel and thrive?

1 2 3 4 5 6 7 8 9 10

10. Your Social Life

How active are you socially and are you comfortable within your social circles? Have you found your 'tribe'?

1 2 3 4 5 6 7 8 9 10

11. Your Spiritual Life

Do you consider yourself as 'self-actualised', having a sense of 'self', and connect with others in a more spiritual way?

Consider your spiritual side and how satisfied you are with this aspect of your life.

1 2 3 4 5 6 7 8 9 10

12. Your Life Vision

Are you clear on your life vision and other aspects of where you've come from, where you are, and where you would like to be?

Consider where you are heading and what you want your life to look like.

1 2 3 4 5 6 7 8 9 10

What's your total score out of 120?

My 12-category life score total =

Date:

Finally, if you scored less than a '7' in any of the categories - and you would like to increase satisfaction in those areas, email me NOW for your FREE, confidential consultation.