



Life Score

In this worksheet, you'll assign a 1-10 score to each area of your life, based on how you feel about it currently. i.e. How well is it going?

This will give you a full picture of where you are now, so you can choose the values you'll focus on for setting goals.

Here's how we've organized the ten areas of life:

- Health & Fitness
- Mind & Wellness
- Love & Relationships
- Social & Community
- Purpose & Faith
- Growth & Learning
- Productivity & Habits
- Career & Business
- Money & Lifestyle
- Hobbies & Recreation

Some areas won't be as meaningful for you, and even that can change throughout your life, so feel free to come back and do this as your circumstances change.

After you've assigned a score from 1-10 for each area and taken notes on them, you'll be ready to choose the ones you want to focus on to define your core values.



Health & Fitness

Are you in good physical shape? Do you sleep well, get regular exercise and eat a healthy diet? How do you feel about your body?

Score (1-10)

Notes

--	--



Mind & Wellness

Do you typically feel mentally clear and alert? Are you frequently stressed out? Do you have healthy ways to relieve your stress?

Score (1-10)

Notes

--	--



Love & Relationships

Do you feel fulfilled in your relationships? Are you in love? Are there people in your life that you trust and spend quality time with?

Score (1-10)

Notes

--	--



Social & Community

Do you make time for friendship, not just through social media, but in-person? Are you in any groups or clubs? Do you volunteer?

Score (1-10)

Notes

--	--



Purpose & Faith

Do you feel like you're part of something bigger than yourself? Are you intrinsically motivated? Do you trust that things will work out?

Score (1-10)

Notes

--	--



Growth & Learning

Do you have a fixed or growth mindset? Are you constantly reading, experimenting, learning and pushing outside your comfort zone?

Score (1-10)

Notes

--	--



Productivity & Habits

Are you efficient? Effective? Can people trust you to get things done? Do you stick to a routine? Are you working on your habits?

Score (1-10)

Notes

--	--



Career & Business

Do you feel satisfied with your career path? Are you making an impact in your work? Is there room to grow professionally?

Score (1-10)

Notes

--	--



Money & Lifestyle

Do you spend less than you earn? Are you intentional about your purchases? Are you saving, paying off debt and investing?

Score (1-10)

Notes

--	--



Hobbies & Recreation

Do you make time for rest, relaxation and fun? Are there activities that get you into a state of flow? Do you do them often enough?

Score (1-10)

Notes

--	--

Next, enter each area's score in the table below, to make it easy to look at all the scores in one place.

Note: If you're filling out the PDF, you can click the link to jump to that area and save some time scrolling.

Area of Life	Score
<u>Health & Fitness</u>	
<u>Mind & Wellness</u>	
<u>Love & Relationships</u>	
<u>Social & Community</u>	
<u>Purpose & Faith</u>	
<u>Growth & Learning</u>	
<u>Productivity & Habits</u>	
<u>Career & Business</u>	
<u>Money & Lifestyle</u>	
<u>Hobbies & Recreation</u>	

Which areas would you say are your strongest? Why do you think that is? Are you prioritizing them more than the other areas?

Which areas feel the weakest? Why? Do you want to improve them, or are you intentionally not prioritizing them right now?

Now that you've thought through each area of your life, you're ready for the Values & Ideals lesson. This is where we'll start defining your core values, and coming up with the ideal scenario to set goals.

You're doing great, keep it up!

Kyle Richey