

YOUR SELF-ASSESSMENT TEST

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Life is comprised of a lot of categories! It can be overwhelming.

Not sure where to begin?

Take this personal self-evaluation to help hone in on your priorities. Once complete, you should have a better idea of which categories need more attention. The entire test takes about ten minutes. Remember: This test is meant only to be used as a private tool to inform and empower your decision - the more honest you are, the more accurate the results.

Step 1

Clear all distractions. Find somewhere comfortable and quiet where you will not be disturbed. Sit down with a pen and paper. Take a few deep, cleansing breaths.



Step 2

Read through all of the following statements in their entirety. Then, following the point system below, revisit each statement and rank each based on how true it is for you.



Point System + Example

1-5 Completely Untrue - "I am not serving myself well in this area."

6-8 Moderately True - "I am on a journey towards self-improvement."

9-10 Completely True - "I push myself in this area and am proud to say this is true."

FINAL STEP

Once you have ranked all of the statements according to how true they are within the context of your current life, tally the total in each category.

EXAMPLE

- 5 • "I am checking items off my bucket list."
- 4 • "I prioritize new experiences, travel and adventure because I understand they are a part of my ideal lifestyle."
- 6 • "I challenge myself to try new things and create memories."

Category Score >>> **15**

Let's begin!



Your Health & Wellbeing

- “My diet is consistent, healthy and fitting for my ideal lifestyle.”
 - “I have a balanced exercise routine that satisfies my physical goals.”
 - “I am aware of my medical and physical needs, and I feel healthy and energetic overall.”
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Your Character

- “I am respectful of my friends and family and I present myself authentically in social settings.”
 - “I am proud of myself and I believe I have a lot to offer the world.”
 - “I have a clear idea of my values and beliefs, and I am willing to grow as I learn more about myself.”
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Your Family & Friends

- “I spend quality time with my family and friends on a regular basis.”
 - “I feel connected in a meaningful way to my friends and family.”
 - “I find value in each relationship and in return I contribute in a valuable way.”
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Your Career

• “I have set goals for my career and I see the path I need to take to achieve them.”

• “My work is rewarding, challenging and beneficial to my ideal lifestyle as a whole.”

• “I am a team player and I take pride in my work.”

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Your Finances

• “I have set financial goals and have a clear plan to achieve them.”

• “I control my money - my money does not control me.”

• “I can sustain my ideal lifestyle comfortably with my current financial situation.”

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Your Intellect

• “I take pride in contributing to conversation on a variety of topics and feel others respect my input.”

• “I rarely consider going back to school (including courses, workshops and other forms of training) because I feel satisfied with my level of knowledge on topics that interest me.”

• “Others look to me for advice, input and insight on one or more topics.” I have a balanced foundation of knowledge in a variety of areas of life.

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Your Emotions

- “I am can control my emotional response and gauge my reaction according to the situation.”
- “I do not question my own emotional stability and others do not feel anxious around me.”
- “I embrace all of my feelings. I value and can speak openly about sadness just as I value happiness.” >>>

Your Spirituality

- “I am comfortable in my understanding of the world.”
- “I can clearly explain my belief system to myself and to others.”
- “I am open to other religions, spiritualities and belief systems in order to both understand myself and others.” >>>

Your Love Relationships

- “I can maintain meaningful and passionate romantic relationships.”
- “I do not let the scars of past heartbreak control the way I treat myself or partners.”
- “I feel comfortable opening up to my romantic partner(s) and trust myself to make healthy choices in relationships.” >>>

Your Parenting

- “I am proud of the parent I have become.”
- “My child is healthy, happy and heard. We work together to create our ideal lifestyle.”
- “I am confident in my parenting methods and am open to evolving as my child changes and grows.” >>>

Your Extraordinary Experiences

- “I am checking items off my bucket list.”
- “I prioritize new experiences, travel and adventure because I understand they are a part of my ideal lifestyle.”
- “I challenge myself to try new things and create memories.” >>>

Your Vision for Life

- “I have a clear vision of my ideal life and I am setting goals to achieve it.”
- “When obstacles enter my path, I am not defeated but challenged because I know my end goal is worth it.”
- “I surround myself with positive reinforcement and remind myself to stay on track.” >>>

The categories that score the lowest need the most attention, while the high scoring categories are areas of your life that you can celebrate.



With this information, you now have a blueprint of your current life. Compare this with your ideal life and decide which areas you would like to work on first. Remember: Improving and putting effort into any one of these 12 categories will result in general improvements in others. Take pride in your achievements and celebrate as you experience success, but don't forget to revisit this self-evaluation occasionally to review your priorities and check-in with your progress!