

# Ready for Change?

## DIRECTIONS:

Rate the follow areas of your life as:

- 1 = Not fulfilling/not attended to
- 2 = OK but something missing/attended to
- 3 = Very fulfilling/well taken care of

You cannot pass or fail this assessment. It's simply a tool for us to obtain an overall picture of your life *today*. It'll help us see where your strengths are and areas of improvement.



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### WORK

1. \_\_\_\_\_ Stimulating
2. \_\_\_\_\_ Provides for growth
3. \_\_\_\_\_ Sufficient pay
4. \_\_\_\_\_ Time spent after hours on work
5. \_\_\_\_\_ Commute
6. \_\_\_\_\_ Workspace/physical environment
7. \_\_\_\_\_ Relationships with supervisors
8. \_\_\_\_\_ Relationships with co-workers
9. \_\_\_\_\_ Relationships with subordinates

### RELATIONSHIPS

1. \_\_\_\_\_ Partner/spouse
2. \_\_\_\_\_ Children
3. \_\_\_\_\_ Parents
4. \_\_\_\_\_ Siblings
5. \_\_\_\_\_ Other family
6. \_\_\_\_\_ Close friend(s)
7. \_\_\_\_\_ Other friend(s)
8. \_\_\_\_\_ Pets
9. \_\_\_\_\_ Overall quality of relationships
10. \_\_\_\_\_ Overall quantity of relationships

### MENTAL STIMULATION

1. \_\_\_\_\_ New learning
2. \_\_\_\_\_ Reading
3. \_\_\_\_\_ Lecture/classes
4. \_\_\_\_\_ Writing
5. \_\_\_\_\_ Discussion/conversation
6. \_\_\_\_\_ Other activities

### PHYSICAL BODY

1. \_\_\_\_\_ Regular check-ups
2. \_\_\_\_\_ Dental/Vision/Hearing screenings
3. \_\_\_\_\_ Exercise
4. \_\_\_\_\_ Nutrition
5. \_\_\_\_\_ Mind/body practices (yoga, chiropractor, massage, etc.)

### RECREATION

1. \_\_\_\_\_ Sufficient activities
2. \_\_\_\_\_ Variety of activities
3. \_\_\_\_\_ Enough time for activities
4. \_\_\_\_\_ Ability to pay for activities

What is fun to do alone? (list activities)

- 1.
- 2.
- 3.

What is fun for you to do with another person?

- 1.
- 2.
- 3.

What is fun for you to do in a group?

- 1.
- 2.
- 3.

### SPIRITUALITY

1. \_\_\_\_\_ Feeling of peace
2. \_\_\_\_\_ Feeling of forgiveness toward others
3. \_\_\_\_\_ Feeling of forgiveness toward yourself
4. \_\_\_\_\_ Appreciation/gratitude you feel
5. \_\_\_\_\_ Positive outlook (mostly worry-free, not overly critical)
6. \_\_\_\_\_ Spiritual practices (prayer, quiet time, mediation, yoga, etc.)
7. \_\_\_\_\_ Organized religious activities

### MONEY/POSSESSIONS

1. \_\_\_\_\_ House (large enough? Location? Etc)
2. \_\_\_\_\_ Furniture/Décor
3. \_\_\_\_\_ Car(s)
4. \_\_\_\_\_ Savings/Investments
5. \_\_\_\_\_ Debt
6. \_\_\_\_\_ "Take home" pay

### LIFE SKILLS

1. \_\_\_\_\_ Time management (things done in timely manner, little procrastination, on-time for appointments, obligations, etc.)
2. \_\_\_\_\_ Balanced time in work, recreation, emotional, and spiritual activities
3. \_\_\_\_\_ Money Management
4. \_\_\_\_\_ Organization (clutter-free, orderly)
5. \_\_\_\_\_ Addiction-free
6. \_\_\_\_\_ Boundary Setting (know what you will/will not tolerate from others)
7. \_\_\_\_\_ High standards (clear on what you expect from yourself)
8. \_\_\_\_\_ Not over-committed
9. \_\_\_\_\_ Follow thru on commitments
10. \_\_\_\_\_ Effective communication skills
11. \_\_\_\_\_ Effective goal-setting (both long and short term)
12. \_\_\_\_\_ Effective at strategizing to reach your goals

### NOTES: