

Life Plan Worksheet

I. LIFE INVENTORY

Rate your current satisfaction in the below areas of life. 10 represents 100% complete fulfillment.

Health	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Life Balance	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Career	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Prosperity	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Romance	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Friends/Family	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Personal Growth	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Physical Environment	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
Fun & Recreation	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_
OVERALL	1_	2_	3_	4_	5_	6_	7_	8_	9_	10_

List below what you see as your strengths and areas for growth.

STRENGTHS

- 1.
- 2.
- 3.
- 4.
- 5.

AREAS FOR GROWTH

- 1.
- 2.
- 3.
- 4.
- 5.