



Personal Life Inventory

The following questionnaire is a thorough assessment tool that will assist you in analyzing the state and health of your personal life at this moment. Give a score of 1 through 5 to each of the following questions.

If you feel that a specific statement does not apply to you, simply write n/a. The answers to these questions will give you a better idea of your level of satisfaction and balance in your personal life, what you need more of, what you have too much of, and what changes you would like to create.

I. The State of My Personal Relationships

1. _____ I feel much happiness and love my current married/single lifestyle.
2. _____ I enjoy being and am consistently expressive of my affection towards my spouse/significant other.
3. _____ I am fully aware of my spouse/significant other's love for me because he/she shows it to me every day.
4. _____ I have wonderfully close relationships with my children.
5. _____ I spend a lot of quality time with my children.
6. _____ I have a happy, supportive, and loving family.
7. _____ I enjoy spending time with my extended family and in-laws.
8. _____ I am sure that my beloved family members also love me.
9. _____ I have all the friends that I could possible want.
10. _____ I know how important good friendships are so I maintain regular contact with my friends and do things to keep the relationship healthy.
11. _____ I have 1, 2, 3 really good friends that I can confide in about anything and know they will be my friend regardless.
12. _____ I know and like my next door neighbors.
13. _____ I express to all of my family members how much they mean to me.
14. _____ I am involved in at least one group outside of work in which I share common interests with other members.
15. _____ I don't avoid confrontation with my friends and family members and discuss issues civilly and promptly after they arise.

_____ **Total for Section**

_____ **Average for Section**



II. The State of my Personal Finances.

1. ____ I am happy with my current financial situation
2. ____ I have and follow a plan for establishing financial freedom and satisfying my retirement needs.
3. ____ Money comes easily to me.
4. ____ I save/invest a portion of my money on a regular basis.
5. ____ I have no credit card debt and don't plan to have any.
6. ____ I have a very clear picture of the state of my finances.
7. ____ I have more than enough money saved and available to me to cover at least three months of living expenses.
8. ____ The work that I do provides more than enough money for my family and I.
9. ____ I have a budget and I follow it.
10. ____ I don't buy something unless I love it.
11. ____ I have an excellent credit rating.
12. ____ My work has good prospects for increased income.

____ **Total for Section**
____ **Average for Section**

III. The State of my Personal Health:

1. ____ I exercise regularly and am in excellent shape for my age.
2. ____ I watch my diet, both the kind and the amount of food I eat.
3. ____ I do not take illegal drugs.
4. ____ I do not smoke.
5. ____ I do not drink excessively.
6. ____ I watch my caffeine intake.
7. ____ I receive regular check ups and medical care.
8. ____ I visit my dentist regularly; my teeth are in great shape.
9. ____ I do not have high blood pressure or high cholesterol.
10. ____ I take vitamins and supplements daily.
11. ____ I get plenty of sleep.
12. ____ I meditate or have some period of quiet reflective time every day.
13. ____ I avoid stress and if it occurs I handle it effectively.
14. ____ I do not put myself at risk for sexually transmitted diseases.
15. ____ There is nothing I am doing to endanger my health.

____ **Total for Section**
____ **Average for Section**



IV. The State of My Personal Self-Awareness:

- 1. _____ I know what my personal values are and apply them to every decision I make in my life.
- 2. _____ I am very aware and really like the person I am.
- 3. _____ I have come to terms with the past and live in the moment.
- 4. _____ I know my strengths and my weaknesses.
- 5. _____ I have high expectations for myself and reach those expectations.
- 6. _____ I set boundaries and don't let people cross them.
- 7. _____ I have developed and am happy with the spiritual aspect of my life.
- 8. _____ I know my purpose and mission in life.
- 9. _____ I know exactly what I want out of my life.
- 10. _____ I have a life plan and am working the plan.
- 11. _____ I could die today with no regrets.

_____ **Total for Section**
_____ **Average for Section**

Where I am right now and how I'll get to where I want to be.

1. The top 3 challenges I face in my personal life:

- 1. _____
- 2. _____
- 3. _____

2. The 5 things in my life I am the most grateful for:

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

3. The 5 things I most want to change in my personal life:

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



4. The first 5 action steps I will take to make these changes:

1. _____
2. _____
3. _____
4. _____
5. _____

5. The 3 people that can help me take these action steps:

1. _____
2. _____
3. _____

The questions in these exercises are meant to give you a better idea of where you are in your life right now and where you wish to be. Any question that jumped out at you may be an indication of what you are missing in your life, are not happy with, would like to improve, or would like to change completely. Working with a life coach can be an incredible tool for creation of change, overcoming of obstacles, changing defeating behavior and thinking patterns, and finally reaching goals you desire in life.