

Your Smartest Goals™ - Life Assessment Sheet

Assess the 9 areas of balance in your life on a scale of 1-10.
Write down the reasons which explain each score.

Life Area	Assessment Score (1-10)	Reasons for this score
Health & Fitness		
Career		
Relationships (Partner, Kids)		
Social Life		
Personal Development (Intellectual, Emotional)		
Financial		
Quality of Life (Leisure, Travel, Fun, Material)		
Spiritual		
Contribution		