My Life Assessment

Please rate **<u>your current level of peace</u>** with each of the following areas of your life. Place a number from 1 to 10 next to each item, **1 meaning "I am living the life God wants me to live very poorly," 10 meaning, I am living the life God wants me to live beautifully!"** Your level of peace may vary from day to day but give your best overall assessment of how confident you feel at this moment that you are living the life God wants you to live in these key areas.

Personal Spiritual Life

My Vocation

Parish/Church Life

Physical Health

Mental/Emotional Health

Marriage/Relationship

Relationship with Children

Home Life/Family Cohesion

Career/Business/Employment

Financial Stability

Personal Organization/Schedule

Extended Family Relationships

Friends/Social Life

Fun/Recreation/Hobbies

Physical Environment (Home, Office, Cars, Neighborhood, etc.)

Other: _____

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