

# Life Assessment Tool

Coaching with Bryan Reeves ([www.BryanReeves.com](http://www.BryanReeves.com))

Reflect and journal on these questions for insight into your current life experience.

**\*\* Please email this to [bryan@bryanreeves.com](mailto:bryan@bryanreeves.com) at least 24 hours before first session \*\***

## **Purpose / Sprit**

Are you doing work that excites you on most days?

Are you doing things everyday that are congruent with your unique gifts?

Are you doing the work you must do before you die?

Do you feel a sense of satisfaction at the end of every day?

Do you regularly connect to a source of love/spirit/faith/wisdom that is bigger than you?

## **Fun / Relaxation**

Do you take sufficient time everyday to relax and/or have fun?

Do you go to bed relaxed on most days?

Do you usually wake up refreshed, ready for the day?

Do you consistently have fun/relax in your life?

## **Contribution**

Does your work have the potential to meaningfully improve the world around you?

Do others genuinely benefit from what you do everyday?

## **Money**

Are you satisfied with your "money situation"?

Do you feel relaxed about your relationship to money?

Do you have enough money to always do the things you really want to do?

Do you consistently invest in experiences, things, people that positively affect your life?

## **Family / Friends Relationships**

Do you have good relationships with most of your family?

Are you content with the number, quality and depth of friendships you have?

Does communication routinely flow well between you and others?

Do you typically give others the benefit of the doubt?

Do you forgive easily?

## **Intimate Relationships**

Are you overall satisfied with your intimate relationship experiences?

Are you overall satisfied with the expression of your sexuality?

Are you consistently able to understand your partner(s)?

Do you communicate well with partner(s)?

Do you believe you have the skills / knowledge to create exquisite intimate relationships?

Can you fully love and appreciate the differences between you and your partner(s)?

## **Health & Well-being**

Are you generally in excellent physical shape?

Are you happy with your overall emotional state?

Are you generally optimistic about your life?

Are you generally optimistic about the world around you?