

LIFE SITUATION ASSESSMENT

Work book for reviewing current life situation and desired state



1	
2	
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19	
20	

List the **Top 20** 'Likes' from my life and work situations:

List the **Top 20 'Dislikes'** from my life and work situations:

1	
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19	
20	

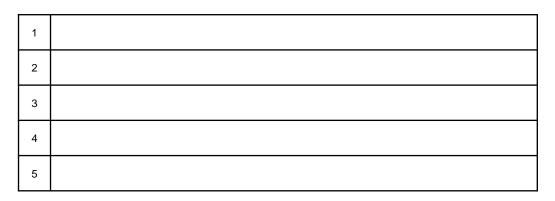
THE TOP FIVES IN MY LIFE



Top 5 Hobbies / Leisure Activities:

1	
2	
3	
4	
5	

Top 5 Favorite Places:



Top 5 Work Activities:



Top 5 Type of Projects:



MORE OR LESS ASSESSMENT



I WANT LESS OF:

5 Leisure Activities:

1	
2	
3	
4	
5	

I WANT MORE OF:

5 Work-Related Activities:

1	
2	
3	
4	
5	

5 Material Objects:

1	
2	
3	
4	
5	

5 Personal Current Activities:

1	
2	
3	
4	
5	

5 Current Work-Related Activities:

1	
2	
3	
4	
5	

5 Certain Types of People:

1	
2	
3	
4	
5	



THINGS I WANT TO ACHIEVE WITHIN **3 MONTHS**:

1	
2	
3	
4	
5	

THINGS I WANT TO ACHIEVE WITHIN 1 YEAR:

1	
2	
3	
4	
5	

THINGS I WANT TO ACHIEVE WITHIN **3-5 YEARS**:

1	
2	
3	
4	
5	

THINGS I WANT TO ACHIEVE WITHIN **10-15 YEARS**:

1	
2	
3	
4	
5	