

LIFE SITUATION ASSESSMENT

Work book for reviewing current life situation and desired state

TOP 20 LIKES AND DISLIKES

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

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

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

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	

THE TOP FIVES IN MY LIFE

Top 5 Hobbies / Leisure Activities:

1	
2	
3	
4	
5	

Top 5 Favorite Places:

1	
2	
3	
4	
5	

Top 5 Work Activities:

1	
2	
3	
4	
5	

Top 5 Type of Projects:

1	
2	
3	
4	
5	

MORE OR LESS ASSESSMENT

I WANT MORE OF:

5 Leisure Activities:

1	
2	
3	
4	
5	

5 Work-Related Activities:

1	
2	
3	
4	
5	

5 Material Objects:

1	
2	
3	
4	
5	

I WANT LESS OF:

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	

TIMELINE GOALS

THINGS I WANT TO ACHIEVE WITHIN 3 MONTHS:

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 1 YEAR:

1	
2	
3	
4	
5	

THINGS I WANT TO ACHIEVE WITHIN 10-15 YEARS:

1	
2	
3	
4	
5	