

Abundant Life Assessment

This assessment is a tool to help you identify the areas of life where you are satisfied and also the areas of life that you want to bring some positive changes to. It is simply an awareness exercise - there are no right or wrong answers, just a need to be completely honest with yourself. There is no grade, score, or reason to feel like you “don’t measure up” because you, and only you, can truly say whether you are where you want to be in each area.

Rate each dimension from 1-5: 1 being not at all true and 5 being completely true

Spiritual	
I have a deeply connected spiritual relationship with my spiritual source.	1 2 3 4 5
I practice my spiritual practices and beliefs daily.	1 2 3 4 5
I live in complete accord with my spiritual beliefs and values.	1 2 3 4 5
My spiritual values and beliefs define my decisions in life.	1 2 3 4 5
Others see evidence of my spiritual values in my daily walk.	1 2 3 4 5
I depend on my spiritual source for renewal.	1 2 3 4 5
I continually seek spiritual growth and development.	1 2 3 4 5
I have dedicated time each day to reflect on my spiritual journey.	1 2 3 4 5
I have a deep sense of harmony and alignment with my spiritual values.	1 2 3 4 5
Others would define me as spiritually at peace.	1 2 3 4 5
How does this compare with where you want to be?	

Mental/Emotional/Personal	
I have a personal growth and development plan.	1 2 3 4 5
I have long and short term goals, written and regularly reviewed.	1 2 3 4 5
I learn something inspirational or informational each day.	1 2 3 4 5
I know what my values are.	1 2 3 4 5
I say “no” to things that are not in alignment with my values.	1 2 3 4 5
My daily activities are fulfilling.	1 2 3 4 5
I practice gratitude daily.	1 2 3 4 5
I have regular, dedicated, time for personal renewal (vacation, meditation, reflection time, planning, goal setting) each week and annually.	1 2 3 4 5
I am living in accordance with my purpose and potential.	1 2 3 4 5
I am living within my budget and living my financial plan.	1 2 3 4 5
How does this compare with where you want to be?	

Physical	
I am within the recommended weight guidelines for my gender, age, and height.	1 2 3 4 5
I drink water instead of soda, sugary beverages, or juice, most of the time.	1 2 3 4 5
I make healthy food choices and limit fast food or junk food.	1 2 3 4 5
I do cardiovascular training/exercise at least three times per week.	1 2 3 4 5
I do stretching or flexibility exercises at least three times per week.	1 2 3 4 5
I do strength training/exercise at least twice per week.	1 2 3 4 5
I don't overindulge in any food and I don't eat for comfort or boredom.	1 2 3 4 5
I get enough sleep.	1 2 3 4 5
My physical environment (work, home, car, desk) reflects harmony and is uncluttered and organized.	1 2 3 4 5
I enjoy fresh air outside daily.	1 2 3 4 5
How does this compare with where you want to be?	

Social/Relational	
All of my friendships/relationships are positive influences in my life.	1 2 3 4 5
I am a positive influence in the lives of those around me.	1 2 3 4 5
I spend as much time as I need to, and want to, with my immediate family.	1 2 3 4 5
I am constantly seeking how to be a better person for each of my roles: spouse, parent, employee, boss, friend, sibling, etc.	1 2 3 4 5
I resolve relationship conflicts immediately.	1 2 3 4 5
I live up to commitments made, to others and self, with integrity.	1 2 3 4 5
I actively support the dreams, goals and aspirations of the people in my life.	1 2 3 4 5
Others would describe me as positive.	1 2 3 4 5
I have a mentor relationship that supports me.	1 2 3 4 5
There is no one in my life that I need to forgive, including myself.	1 2 3 4 5
How does this compare with where you want to be?	

“We are anxious to improve our circumstances, but are unwilling to improve ourselves. We therefore remain bound.”

~James Allen

The four sections of this Wheel represent balance in your life overall. Shade each section of the wheel from the center outward, to reflect your satisfaction with each dimension of your life, with the center of the wheel as 0 and the outer edge as 10. (See example below) How bumpy would the ride be if this were a real wheel?

