



Taking Stock of your Life

Questionnaire – Taking Stock

There are no “right” or “wrong” answers to any of these questions. This is simply just a quick view at each area of your life. In order to move on, you need to answer all of the multiple choice questions (responses 1-10). However, you might choose to leave some of the answers to the long-answer questions for later, to journal or sit down and think over.

1= low / not where I would like to be
10 = high / acing it / exactly how I want to be

Connection & Relationships

- How important are your family relations? _____
- How satisfied are you with your family relationships? _____
- I get to spend time with family members that inspire and uplift me. _____
- The time I spend with my children and/or parents is quality and strengthens our connection. _____
- I feel accepted by those people who matter the most to me. _____
- How important are strong social relationships to you? _____
- How satisfied are you with your social relationships? _____
- I have close friendships with people I can be myself around. _____
- I have a good support network and am part of social groups that fill my needs. _____
- I am generally good at connecting with new people. _____
- I get along with my neighbours and the people in my area. _____
- How satisfied are you with your romantic relationship/s? _____
- The quality of my connections and relationships is: _____
- Subtotal: _____
- Average: _____
- At this time, I am willing to invest my time & energy in improving the following in my relationships:

Ideally, I would like to reach a place where my relationships are:



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Taking Stock of your Life

Career & Achievements

How important are career achievements to you? _____

I feel satisfied with my career achievements to date. _____

How fulfilled are you in your current work environment? _____

How much do you look forward to going to work each day? _____

Does your career stimulate and develop you as a person? _____

Does your current position use your talents, abilities & skills to a point where you feel valued? _____

Is your career moving you forward in advancement and reward? _____

How important are strong working relationships to you? _____

How satisfied are you with your relationships at work? _____

Is your working environment positive and supportive? _____

Do you find contentment and fulfilment in your current career? _____

If you died today, are you happy with the legacy you'll leave behind? _____

Subtotal: _____

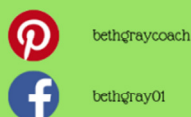
Average: _____

When was the last time you went to a seminar or training that you enjoyed?

What skills are you currently developing & refining?

At this time, I am willing to invest on improving the following in my career & personal growth:

Ideally, my personal & professional growth would take me to the following place:





Taking Stock of your Life

Mental/Emotional/Spiritual Wellbeing

How important is being mentally healthy (and strong) to you? _____

I can handle my stress and anxiety levels effectively. _____

How important is being emotionally healthy (and strong) to you? _____

How emotionally healthy (and strong) do you currently feel? _____

Are you confident and secure in who you are as a person? _____

How fulfilled are you with the way in which you're currently living your life? _____

How content are you with the way in which you're currently living your life? _____

How important is being spiritually healthy (and strong) to you? _____

How spiritually healthy & strong do you currently feel? _____

I regularly invest time into developing myself spiritually. _____

How much do you currently enjoy life outside of work or study? _____

How important is having plenty of 'free' time to you? _____

How content are you with the amount of free time you have? _____

I am consistently competent at managing my emotions. I have good self-control. _____

Rarely do negative and destructive emotions get the 'better' of me. _____

Subtotal: _____

Average: _____

I am willing to focus time & energy on improving the following in my mental, emotional & spiritual well-being:

Ideally, I would like to describe my emotional, mental & spiritual well-being as:



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Taking Stock of your Life

Physical Wellbeing & Recreation

How important is your physical appearance? _____

How important is establishing a healthy lifestyle to you? _____

How satisfied are you with your current work/personal growth / health / life balance? _____

How important is your physical health to you? _____

How important is your physical health to you? _____

How happy are you with your current physical health? _____

How happy are you with your physical fitness levels? _____

How satisfied are you with your current physical appearance? _____

I feel comfortable and attractive in my clothes - I like how I look! _____

I am at my ideal size and weight, with all the energy that I need for the lifestyle I want to enjoy. _____

I am sleeping really well. _____

My digestive system & my gut are perfectly in balance. _____

My energy levels are great for the lifestyle I want to lead. _____

I take great care of my health and my body reciprocates by showing up with energy and enthusiasm. _____

Subtotal: _____

Average: _____

Ideally, I would like to describe my healthy lifestyle as being:

Medications I take:

Last Check up – date:

Sickness/Diseases I have been diagnosed with:

Exercise/Energy levels I feel

How I currently feel in my body:



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Taking Stock of your Life

Contributing to my Community

How much do you encourage and support those closest to you? _____

Those closest to you find immense value in you. _____

Your peers or co-workers find immense value in you. _____

How happy are you with the current legacy that you would leave behind? _____

Someday, your children will be really proud of the way in which you've lived your life. _____

How important is contributing back to society & making a difference to you? _____

How satisfied are you with how much you currently give back to society? _____

You regularly make a positive impact in the lives of other people. _____

How satisfied are you with the amount of difference you make in the lives of others? _____

How important is leaving behind a meaningful legacy to you? _____

I consistently take care of myself and my immediately needs, so that I have more to give to others. _____

You get involved with, and support a social initiative that you genuinely believe in. _____

Subtotal: _____

Average: _____

I could make more effort in contributing back to society in the following areas:



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Taking Stock of your Life

Financial Situation & Abundance

You always know what's in your bank account/s. _____

How important is being financially effective to you? _____

How satisfied are you with your current financial effectiveness? _____

You have enough money to meet your current wants. _____

You have enough money to meet your current needs. _____

I don't need to worry about my current financial situation. _____

You know what your exact outgoings are each month. _____

How important is being generous to others to you? _____

How generous are you currently being towards others? _____

How satisfied are you with how much you give to others? _____

How important is charitable contribution to you? _____

How satisfied are you with how charitable you currently are? _____

Subtotal: _____

Average: _____

Ideally, I would like to describe my financial situation as being: _____



Taking Stock of your Life

The mundane & routine

How important is managing routine tasks around the home to you? _____

How satisfied are you with how you currently handle life's day-to-day tasks? _____

Are you disciplined in paying your regular (weekly/monthly) household bills? _____

How important is prioritizing your responsibilities? _____

How satisfied are you with how you prioritise your responsibilities? _____

How important is a well-managed home environment to you? _____

How satisfied are you with your current home environment? _____

How important is dealing with home issues promptly to you? _____

I do not worry about my routine responsibilities because I have it all under control. _____

My home life is easy because I have a good system in place for managing my routine responsibilities. _____

Routine responsibilities do not worry me. _____

I am well-disciplined in managing my routine responsibilities around the home. _____

Subtotal: _____

Average: _____

I could be more disciplined in managing my bills & other important responsibilities, in the following ways:



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Taking Stock of your Life

Home Inventory

Question for noting down separately:

Take a walk around your home, and note down anything that needs sorting out.

This might be --

- things that are broken & need to be fixed
- you need to get a plumber, painter, electrician or other handyman in to fix
- cleaning jobs that need to be done
- decluttering
- mending
- charity - to give away
- filing, letters & other papers
- organizing
- projects that aren't finished

What details in your house need some attention?



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