



Taking Stock of your Life

Questionnaire – Taking Stock

There is no “right” or “wrong” answer to any of these questions. This is simply just a quick view at each area of your life.

When answering the following questions, use the scale of 1-10:

1= low / not where I would like to be

10 = high / acing it / exactly how I want to be

At the end of each section, write down your subtotal, and then average by the number of questions.

Self-Worth

- 1. I love and accept myself as I am right now _____
- 2. Are you confident and secure in who you are as a person? _____
- 3. I am living life authentically, true to my dreams & desires _____
- 4. I make sure that all of my needs are met: emotional, mental, physical & professional _____
- 5. I feel safe and secure in expressing my opinions and points of view in all arenas of my life _____
- 6. What I want usually aligns with what I think I should do and what I am working towards _____
- 7. I prioritize my dreams and goals every week _____
- 8. I feel confident that I am expressing the best version of ME that there is _____
- 9. My habits and schedule reflect my personal priorities and what is important to me _____
- 10. When I look in the mirror, I love the person that I see before me _____

Subtotal: _____

Average: (subtotal divided by 10) _____

Mental/Emotional/Spiritual Wellbeing

- 1. How important is being *mentally* healthy (and strong) to you? _____
- 2. I handle my stress and anxiety levels effectively. _____
- 3. How important is being *emotionally* healthy (and strong) to you? _____
- 4. How emotionally healthy (and strong) do you currently feel? _____
- 5. I am consistently competent at managing and expressing my emotions. _____
- 6. Rarely do negative and destructive emotions get the 'better' of me. I express them positively. _____
- 7. How important is being *spiritually* healthy (and strong) to you? _____
- 8. How spiritually healthy & strong do you currently feel? _____
- 9. I regularly invest time into developing myself mentally/emotionally/spiritually. _____

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Taking Stock of your Life

10. How much do you currently enjoy life outside of work or study? _____
 11. How important is having plenty of 'free' time to you? _____
 12. How content are you with the amount of free time you have? _____
- Subtotal:** _____
- Average:** (subtotal divided by 12) _____

Suggested Journal Prompts:

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:

Connection & Relationships

1. How important are your family relations? _____
 2. I get to spend time with family members that inspire and uplift me. _____
 3. I spend quality time with my family, strengthening our relationships and communication. _____
 4. I feel accepted by those people who matter the most to me. _____
 5. How important are strong social relationships to you? _____
 6. How satisfied are you with your social relationships? _____
 7. I have close friendships with people I can be myself around. _____
 8. I have a good support network and am part of social groups that fill my needs. _____
 9. I get along with my neighbours and the people in my area. _____
 10. How satisfied are you with your romantic relationship/s? _____
- Subtotal:** _____
- Average:** (subtotal divided by 10) _____

Suggested Journal Prompts:

- The quality of my relationships is:
 - Family
 - Friends/Social
 - Professional
- I need more support in the following areas of my life:
- 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:

Career & Achievements

1. How important are career achievements to you? _____

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Taking Stock of your Life

2. I feel satisfied with my career achievements to date. _____
3. How fulfilled are you in your current work environment? _____
4. How much do you look forward to going to work each day? _____
5. Does your career stimulate and develop you as a person? _____
6. Does your current position use your talents, abilities & skills to a point where you feel valued? _____
7. Is your career moving you forward in advancement and reward? _____
8. How important are strong working relationships to you? _____
9. How satisfied are you with your relationships at work? _____
10. Is your working environment positive and supportive? _____
11. Do you find contentment and fulfilment in your current career? _____

Subtotal: _____

Average: (Subtotal divided by 11) _____

Suggested Journal Prompts:

- When was the last time you went to a seminar or training that you enjoyed?
 - What's the next training you are planning to take?
 - How will this help advance your career and professional plans?
- 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:

Physical Wellbeing & Recreation

1. How important is your physical appearance? _____
2. How important is establishing a healthy lifestyle to you? _____
3. How satisfied are you with your current work/personal growth / health / life balance? _____
4. How important is your physical health to you? _____
5. How happy are you with your current physical health? _____
6. How happy are you with your physical fitness levels? _____
7. How satisfied are you with your current physical appearance? _____
8. I feel comfortable and attractive in my clothes - I like how I look! _____
9. I am at my ideal size and weight, with all the energy that I need for the lifestyle I want to enjoy. _____
10. I am sleeping really well. _____
11. My digestive system & my gut are perfectly in balance. _____
12. My energy levels are great for the lifestyle I want to lead. _____
13. I take great care of my health and my body reciprocates by showing up with energy and enthusiasm. _____

Subtotal: _____

Average: (subtotal divided by 13) _____

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Taking Stock of your Life

Suggested Journal Prompts:

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

Exercise/Energy levels I feel

How I currently feel in my body:

Self-Care list:

Medications I take:

Last Checkup – date:

Sickness/Diseases I have been diagnosed with:

Building your legacy & contribution

1. How important is contributing back to society & making a difference to you? _____
2. How important is leaving behind a meaningful legacy to you? _____
3. How satisfied are you with how much you currently give back to society? _____
4. You regularly make a positive impact in the lives of other people. _____
5. How much do you encourage and support those closest to you? _____
6. How happy are you with the current legacy that you would leave behind? _____
7. Someday, your children will be really proud of the way in which you've lived your life. _____
8. How satisfied are you with the amount of difference you make in the lives of others? _____
9. You get involved with, and support a social initiative that you genuinely believe in. _____
10. How important is charitable contribution to you? _____
11. How satisfied are you with how charitable you currently are? _____

Subtotal: _____

Average: (subtotal divided by 11) _____

Suggested Journal Prompts:

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

Financial Situation & Abundance

1. How important is being financially effective to you? _____
2. How satisfied are you with your current financial effectiveness? _____
3. You have enough money to meet your current wants. _____
4. You have enough money to meet your current needs. _____
5. I don't need to worry about my current financial situation. _____
6. You always know what's in your bank account/s. _____
7. You know what your exact outgoings are each month. _____
8. How important is being generous to others to you? _____

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Taking Stock of your Life

- 9. How generous are you currently being towards others? _____
- 10. How satisfied are you with how much you give to others? _____

Subtotal: _____
Average: (subtotal divided by 10) _____

Suggested Journal Prompts:

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

The mundane & routine

- 1. How important is managing routine tasks around the home to you? _____
- 2. How satisfied are you with how you currently handle life's day-to-day tasks? _____
- 3. Are you disciplined in paying your regular (weekly/monthly) household bills? _____
- 4. How important is prioritizing your responsibilities? _____
- 5. How satisfied are you with how you prioritise your responsibilities? _____
- 6. How important is a well-managed home environment to you? _____
- 7. How satisfied are you with your current home environment? _____
- 8. How important is dealing with home issues promptly to you? _____
- 9. I do not worry about my routine responsibilities because I have it all under control. _____
- 10. My home life is easy because I have a good system in place for managing my routine responsibilities. _____
- 11. Routine responsibilities do not worry me. _____
- 12. I am well-disciplined in managing my routine responsibilities around the home. _____

Subtotal: _____
Average: (subtotal divided by 12) _____

Suggested Journal Prompts:

- Imagine your dream home.
 - Imagine how all of your belongings would look in that dream home. What things do you currently have in your home that you would not take with you into your dream home?
 - Why would you leave them behind?
 - What are you holding onto at the moment, from your past, that doesn't fit in your future?
- I could be more disciplined in managing my bills & other important responsibilities, in the following ways:

Home Inventory

Question for noting down separately:

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

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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?

Summary:

Self-Worth	Sub-total: _____
Mental/Emotional/Spiritual Wellbeing	Sub-total: _____
Connection & Relationships	Sub-total: _____
Career & Achievements	Sub-total: _____
Physical Wellbeing & Recreation	Sub-total: _____
Building your legacy & contribution	Sub-total: _____
Financial Situation & Abundance	Sub-total: _____
The mundane & routine	Sub-total: _____
	_____ TOTAL
Divide the total by 89:	_____ AVERAGE overall

What would you like to do about this?

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