

# State of Your Life

The "State of Your Life" assessment is a valuable tool to measure your advancements in key life realms: relationships, work, finances, physical health, environments, and spirituality. Strengthening each aspect of your life fuels your progress and empowers you to address gaps and move forward holistically.

There are twenty statements for each of the five life areas, totaling one hundred points. Assess each statement honestly as it applies to you now, not as you wish it were. This assessment is about confronting reality, not achieving a 'high score.' Use it to identify gaps, track progress, and break free from limitations. Remember, progress is about consistent effort and adjustments that can lead to significant improvements over time. Even if you can only relate to 25 statements now, incremental changes in your mindset and actions can lead to remarkable improvements in the coming weeks, months, and years.

## Relationships

- If I need a trusted confidant during a crisis, I have at least two people I can confidently rely on.
- I do not feel manipulated in any way.
- No relationships are draining my energy.
- I can assertively say "no" when needed.
- I feel connected in a meaningful way to my community.
- I recognize that I make a positive difference for others daily.
- There is no one in my family with whom I am not on speaking terms.
- I feel loved.
- I have no relationships that I need to hide from anyone.
- I feel comfortable expressing "I love you" in my closest relationships without fear of rejection.
- I am not withholding forgiveness from anyone.
- I do not maintain friendships with individuals who only take from me but rarely give.
- My relationships with my parents and children are peaceful and loving.
- My boss, co-workers, and customers treat me respectfully.
- I treat everyone, from janitors to managers, with equal respect.
- I refrain from gossip.
- I express my feelings even when it is challenging or uncomfortable.
- When I have wronged someone, I always apologize and make amends.
- I accept others as they are without attempting to change them.
- I receive constructive criticism without becoming defensive or argumentative.

**Total points for this section:** \_\_\_\_\_

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## Work

- I derive genuine enjoyment from my work.
- I feel a sense of purpose and fulfillment in my work.
- I do not desire any other occupation over my current work.
- I have a clear pathway to career advancement.
- I feel well-compensated for my work.
- I perform at my peak in my profession.
- I maintain a healthy work-life balance without overworking.
- I find satisfaction in working with my colleagues.
- I have no intention of switching careers within the next two years.
- I possess the necessary education or training to pursue my desired career position.
- I am viewed as a role model in my field by most people.
- I take pride in my professional reputation.
- There are no pending overdue projects at my workplace.
- I have access to a mentor or advisor for career guidance.
- Both my supervisors and clients are highly content with my performance.
- I seldom bring work home, averaging once a month or less.
- My work hours align well with my lifestyle.
- I utilize my allocated vacation time each year.
- I hold a compelling vision for my career trajectory.
- Work-related discussions do not dominate my conversations.

Total points for this section: \_\_\_\_\_

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## Finances & Resources

- My financial situation does not induce stress.
  - I pay off my credit cards monthly, or do not carry any credit card debt.
  - If I lost my job today, I could sustain myself using my savings for at least six months.
  - I have not had a negative balance in my bank accounts in over three years.
  - I do not avoid any individuals or organizations to whom I owe money.
  - My financial status is steadily improving.
  - I am actively working towards eliminating any accumulated debt.
  - Considering my network, I could secure a new job if necessary.
  - I have a concrete retirement plan and am actively working towards it.
  - If I were to become disabled, I have insurance covering at least 50% of my income.
  - My life insurance and financial assets are sufficient to safeguard my loved ones from financial hardship in my absence.
  - I possess health insurance that adequately covers major medical expenses in the event of illness.
  - I can strategize a route to double my income within my current career path.
  - My monthly expenses are at least 20% lower than my income.
  - My credit report reflects positive financial habits.
  - I am aware of my net worth.
  - I clearly understand my consumer debt, if any, and the timeline for paying it off.
  - I consistently allocate a tenth of my income toward charitable giving.
  - I leverage my talents and abilities to contribute meaningfully to my community.
- I manage my finances and resources responsibly, ensuring I am a good steward.

**Total points for this section:** \_\_\_\_\_

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## Physical Health & Environments

- I had a complete physical check-up in the last three years.
- I am comfortable visiting the doctor.
- My relationships are harmonious.
- My doctor confirms my blood pressure and cholesterol levels are healthy.
- I exercise at least three times weekly for 30 minutes or more.
- I find moments to laugh daily.
- I smile regularly each day.
- My home feels tranquil and welcoming, free from stress.
- I handle minor issues without excessive fuss.
- My home is organized, clutter-free, and provides a supportive and enjoyable environment.
- My work environment aligns with my values and is safe, clean, and organized.
- I maintain a calm and respectful manner while driving.
- My car is consistently well-kept, tidy, and stress-free.
- I have a robust support system of family and friends during health or family crises.
- According to medical guidelines, my weight falls within healthy limits.\*
- I prioritize healthy, regular meals throughout the day.
- Cardiovascular exercise is a component of my fitness routine.
- I ensure that I drink at least 48 ounces of water daily.
- I refrain from using tobacco or drugs and avoid alcohol misuse.
- I allocate time for relaxation, fun activities, and rejuvenation regularly.

**Total points for this section:** \_\_\_\_\_

\*To calculate your body mass index (BMI) and determine your total body fat level, you can use a formula from the National Institutes of Health. This formula works for both men and women. To get your BMI, multiply your weight in pounds by 705 and then divide that number by your height in inches squared.

For example, if you are 5-foot-8 and weigh 140 pounds, you would calculate your BMI:  $(140 \times 705) \text{ divided by } (68 \times 68) = 21.35$ . Based on your BMI, you can determine whether you are underweight (less than 18.5), have an average weight (18.5-24.9), are overweight (25-29.9), or have obesity (a BMI of 30 or greater).

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## Spiritual Life

If spirituality holds significant importance, you can include the spiritual category in the assessment.  
Otherwise, focus solely on the initial four categories.

- My coworkers witness God's love in my interactions and responsibilities at work.
- Daily, I actively seek opportunities to be of service to others.
- I nurture a meaningful and enriching relationship with God.
- I exhibit patience and maintain composure, not quickly succumbing to annoyance or anger.
- Prayer is an integral part of my daily routine.
- My faith has reached newfound strength today.
- Despite fears and uncertainties, I boldly step forward in faith towards my vision.
- I wholeheartedly trust God to guide my path and bridge any gaps in my life.
- I diligently follow God's guidance in all aspects of my life.
- While content with my current life, I am committed to continual self-improvement.
- I stay calm and peaceful in all interactions, even in the face of offense and agitation.
- I uphold discipline in self-care, professional duties, financial responsibilities, and spiritual practices.
- I am clear about my divine purpose and live it out consistently.
- Each day, I actively live out my divine purpose.
- I am consistently seeking opportunities for spiritual growth and enlightenment.
- I am faithful and responsible in managing the responsibilities entrusted to me by God.
- Regularly, I engage in studying and meditating on God's Word.
- I utilize my God-given gifts to make meaningful contributions in serving others.
- Peace and contentment permeate my life.
- I have joy and pleasure in the life.

**Total points for this section:** \_\_\_\_\_

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Total points for Relationships section: \_\_\_\_\_

Total points for Work section: \_\_\_\_\_

Total points for Finances & Resources section: \_\_\_\_\_

Total points for Physical Health & Environments section: \_\_\_\_\_

Total points for Spiritual Life section: \_\_\_\_\_

**Total Score:** \_\_\_\_\_

## Closing the Gap

By conducting a thorough and honest assessment of each aspect, you have gained valuable insights into your current state of being, highlighting areas for growth and enhancement.

Which two or three statements do you commit to marking as true within the next year?

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What initial steps can you take to make this a reality?

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\*Note: This has been adapted from the book *What's Really Holding You Back?* by Valorie Burton