

Worksheet 7.1

My Life Evaluation

Aspect	Rating	Link	Change
Friends and social life	1 2 3 4 5 6 7 8 9		
Job/work	1 2 3 4 5 6 7 8 9		
Where I live	1 2 3 4 5 6 7 8 9		
Money and financial security	1 2 3 4 5 6 7 8 9		
Education and learning	1 2 3 4 5 6 7 8 9		
Leisure time and fun	1 2 3 4 5 6 7 8 9		
Mood and self-esteem	1 2 3 4 5 6 7 8 9		
Anger and arguments	1 2 3 4 5 6 7 8 9		
Stress and anxiety	1 2 3 4 5 6 7 8 9		
Physical health	1 2 3 4 5 6 7 8 9		
Spirituality	1 2 3 4 5 6 7 8 9		
Love and affection	1 2 3 4 5 6 7 8 9		
Family relationships*	1 2 3 4 5 6 7 8 9		
Relationship with my spouse or partner**	1 2 3 4 5 6 7 8 9		
Sexuality	1 2 3 4 5 6 7 8 9		
Eating and weight	1 2 3 4 5 6 7 8 9		
Physical activity and exercise	1 2 3 4 5 6 7 8 9		
Giving/caring for others	1 2 3 4 5 6 7 8 9		
Mental ability, memory	1 2 3 4 5 6 7 8 9		
Personal safety, security	1 2 3 4 5 6 7 8 9		

* If you don't have any living family members, skip this line.

** If you don't have a spouse or partner, skip this line.