

## Life Self-Assessment

Spend some time reflecting on your lifestyle, and assess how well you believe that you are living out God's calling in each of these key areas of your life. Rate your current level of peace with each of the following areas of your life by placing a number from 1 to 10 next to each item. A score of **1 meaning "perfect peace"** and **10 meaning "total absence of peace"** in this area. Skip any that do not apply.

Personal Spiritual Life and Growth \_\_\_\_\_

Church/Religious Life \_\_\_\_\_

Physical Health \_\_\_\_\_

Mental/Emotional Health \_\_\_\_\_

Marriage/Romantic Relationship \_\_\_\_\_

Home Life (Family Cohesion – How the Family "Works") \_\_\_\_\_

Personal Order (Organization, Efficiency, Simplicity) \_\_\_\_\_

Extended Family Relationships (Relatives, In-Laws) \_\_\_\_\_

Friends/Social Life \_\_\_\_\_

Fun and Recreation/Hobbies \_\_\_\_\_

Financial Stability \_\_\_\_\_

Physical Environment (Home, Office, Cars, Neighborhood) \_\_\_\_\_

Career/Employment \_\_\_\_\_

Relationship with Children  
(List Each Child Separately)

\_\_\_\_\_

\_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Return your completed for to me by e-mail at [doc@drlibert.org](mailto:doc@drlibert.org) or by fax at (706)745-0889.