

Whole Life Inventory



Goal: to gain awareness around your current level of satisfaction in specific areas of your life.

Step 1: On a scale from 1 to 10, rate your current level of satisfaction in the following life areas. (1 = not satisfied at all; 10 = completely satisfied)

Life Area	Rating
Your work/career/business	
Your love relationships	
Your family relationships	
Your friendships	
Your health and fitness	
Your finances	
Your spiritual life	
Your intellectual life	
Your creative life	
Your community life	
Your environment	
Your free time/fun	

Step 2: List the three (3) life areas in which you rated your level of satisfaction the lowest:

1. _____
2. _____
3. _____

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Step 3: Take a deeper dive into some specific life areas by briefly answering the following questions:

In what one (1) area is life going really well? Why?

In which one (1) life area do you wish you were more satisfied?

What are your current thoughts about why this life area is a struggle for you?

Given how you've responded to these questions, what insights are being revealed about your current priorities?
