

SELF EVALUATION WORKBOOK

Personal Wellness & Life
Reflection Workbook



Your Best Being

DIMENSIONS OF LIFE

In this workbook we will cover 12 areas of your life. Each area is important on its own - as well as these areas are interconnected with each other.

The areas of life that you will be focusing on in this workbook in further detail are:

1. Physical Health and Fitness
2. Intellectual
3. Emotional
4. Character/Integrity
5. Spiritual
6. Love & Relationships
7. Self love
8. Social
9. Financial
10. Career/Occupational
11. Quality of Life (fun/play/hobbies/etc)
12. Life Vision

GET READY CHECKLIST

Before you get started, you want to ensure that you give yourself enough space from your busy daily life and create the right mood for contemplation and reflection. The following checklist are suggestions to enhance your experience each time you work on this booklet.

- Free from noise or distraction/cellphone silent
- Supplies in order: Tea/Water/Pen or Pencil
- Preparation Meditation/Relaxation/Music

TAPPING INTO YOURSELF

The next pages will ask you questions about specific areas of your life.

Make sure that you reflect honestly and openly in the spaces provided. Write what comes to you without hesitation. Make sure to reflect on positives as well as areas for improvement- give yourself credit where it is deserved!

Questions and areas of thought are provided to help you out- there is no right or wrong way to do this exercise. The purpose is just to get a clear picture of where you are at within each dimension.

Once finished, rate yourself from 1-10 (10 being very satisfied) with that area of your life.

PHYSICAL HEALTH & FITNESS

This section will have you consider your physical wellness. Questions to ask yourself for reflection might be:

How often do you exercise?

Do you frequently move your body?

Do you feel fit and strong?

Are you challenging yourself with new activities or workouts?

Are you open to trying new experiences surrounding physical fitness?

How is your nutrition?

Are you eating well balanced meals?

Do you feel energized for the day?

How are you sleeping?

How are you managing stress?

Are you on top of health check-ups, medical and dental care?

When was the last time that you were out in nature?

Do you have a healthy relationship with food?

What about alcohol or any other substances?

Do you deal with over consumption?

Have you set goals that remain unmet over an extended period of time?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

PHYSICAL HEALTH & FITNESS

__/10

INTELLECTUAL LIFE

Are you curious about learning new things?

Are you engaged in learning new things?

How often are you putting time towards creative activities?

Do you read for pleasure and are you open to a variety of topics?

Are you aware of social and political issues?

Are you open to new experiences and ideas in order to keep growing?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

INTELLECTUAL LIFE

___/10

EMOTIONAL LIFE

How are you at managing stress levels?

How are you at managing and understanding emotions?

How is your work/life/balance?

How would you rate your resilience/ how do you deal with setbacks?

What is your outlook on life?

What is your level of self awareness?

Are you in touch with your emotions? i.e. sorrow, joy, anger, love, etc.

Have you or do you experience a range of emotions?

Anything else that comes up for you?

You will have space on the next page to write your reflection.

EMOTIONAL LIFE REFLECTION



___/10

CHARACTER

Take your free strengths profile- is there anything that stands out for you?

How do you interact with others and the world around you?

Review the following Character Trait Examples:

<https://examples.yourdictionary.com/character-trait-examples.html>

Character Strengths Quiz

<https://www.viacharacter.org/character-strengths>

How is your integrity Do you keep the promises you make to people? More importantly, do you keep the promises you make to yourself? Do you keep to your word?

How is your discipline? When you start something, do you finish it? If not, why not?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

CHARACTER



___/10

SPIRITUAL LIFE

These are the beliefs, values and ethics that guide your life- do you spend time asking, exploring and contemplating your spiritual life?

Do you believe in a higher power or universal energy- something greater than yourself?

What does a spiritual life mean to you?

Do you express daily gratitude?

Do you have any rituals or habits that you follow such as journalling or meditations?

Anything else that comes up for you?

You will have space on the next page to write your reflection.

SPIRITUAL LIFE



LOVE & RELATIONSHIPS

Are you in a romantic partnership? Is this something that you want?

Are you close with friends/family or have support & do you feel love, support and guidance with your partner/friends/family/support ?

Would you consider yourself to have healthy relationship with proper boundaries?

Do you spend engaged quality time with your partner/family, friends or your support?

If you are a parent, are you showing up as a parent in the way that you want to?

Do you carve out enough time to spend with your children in engaged and meaningful ways?

Are you able to give back/mentor/share your knowledge and skills with others in a way that makes you feel contributive?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

LOVE & RELATIONSHIPS

__/10

SELF LOVE

Do you love yourself?

Do you respect yourself?

Do you like who you are?

Do you believe in yourself?

Would you be your own friend?

Do you think you are worthy of receiving success, love, praise?

What are your conversations with yourself like?

Do you judge yourself?

Do you judge others?

Do you compare yourself to others?

Are you content with who you are?

Do you live in the present?

Are you excited about life?

Do you get inspired? If so, what inspires you?

Do you believe you have a life purpose?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

SELF LOVE



SOCIAL LIFE

Do you have a strong social network that can provide you with support and guidance when you need it?

Would you consider yourself to have healthy relationship with proper boundaries set and respected?

Are you able to be who you are and voice your opinions while feeling heard and respected.

Do your friends share the same values as you?

How are you with conflict resolution, understanding the feelings of others, communicating effectively?

Do you feel a sense of belonging and are you having meaningful and engaging interactions with others?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

SOCIAL LIFE



FINANCIAL LIFE

This includes taking steps to live within your financial means, plans for future financial health- this can include, budgeting, financial planning.

Do you have any outstanding debts or are most of your liabilities taken care of?

Are you aware of your expenses and do you have an emergency fund?

Are you comfortable around the discussion of finances?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

FINANCIAL LIFE

__/10

CAREER/OCCUPATION

Are you utilizing your skills and talents?

Do you feel motivated and challenged?

Do you have a balance between work and leisure time?

What is your level of workplace stress and do you address it?

Do you have/ building relationships with co-workers?

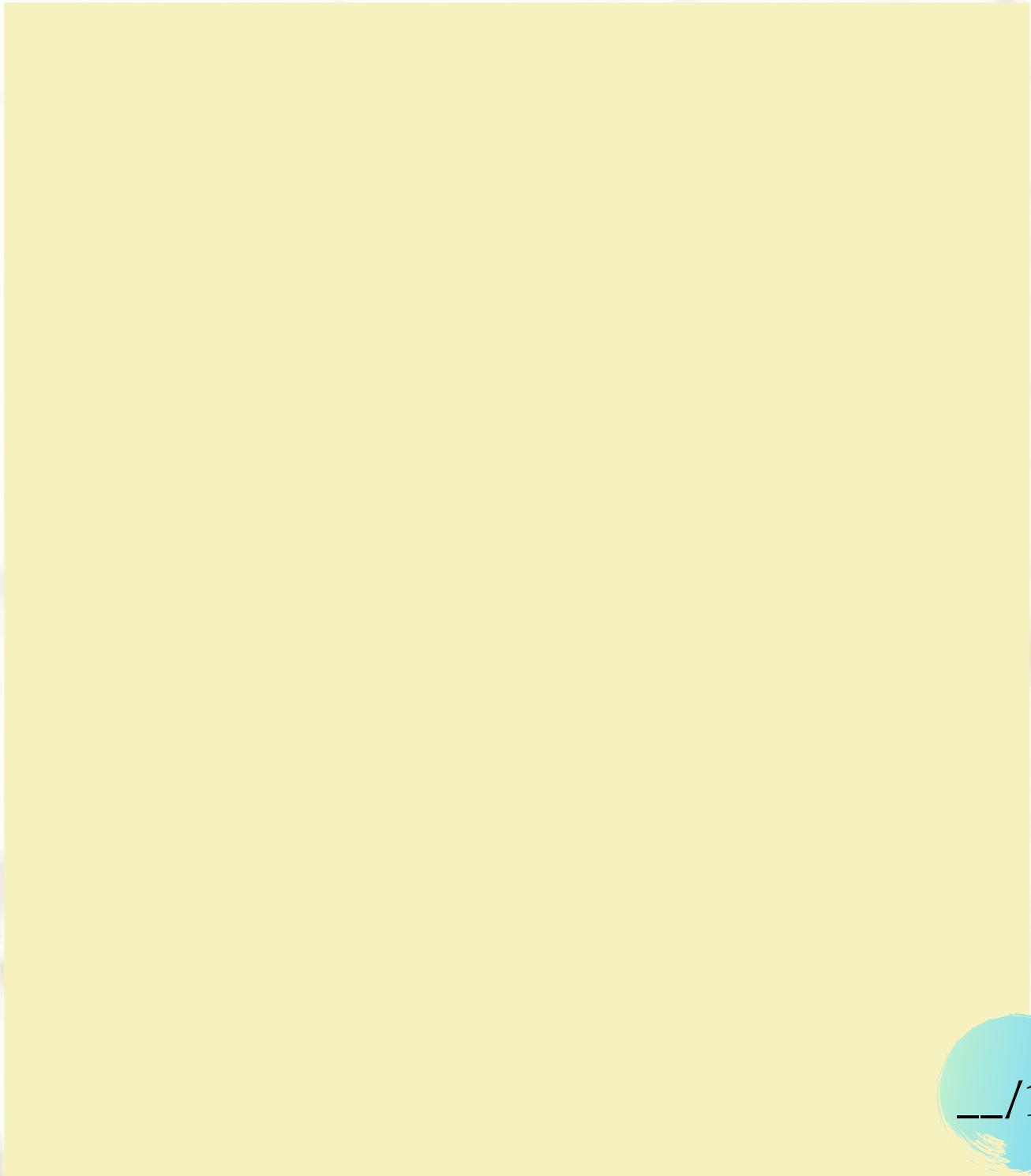
Are you passionate about what you do?

Do you spend time exploring various career options and finding where you fit?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

CAREER/OCCUPATION



___/10

FUN & PLAY

Are you engaging in fun and play?

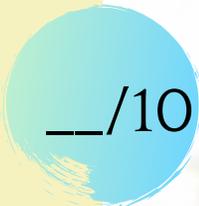
Are you trying out new hobbies and experiences?

Are you visiting the places you want to see or learning hobbies or activities you have wanted to learn?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

FUN & PLAY



LIFE VISION

Do you have a future plan and vision for your future?

Do you have goals and dreams you would like to achieve?

If so do you accomplish them?

Are you motivated- and if so what motivates you?

Do you know why you want to achieve your goals and dreams?

Are you a self starter?

Do you procrastinate on your dreams? If so, why? What stops you from moving forward in certain areas?

Can you specifically break down each area of your life and what you want from that area crystal clear? If not, what is stopping you from getting clear with your life vision?

Anything else that comes up for you?

You will have space on the next page to write you reflection.

This workbook is the first step in taking inventory and the next workbook will help you will creating a vision.

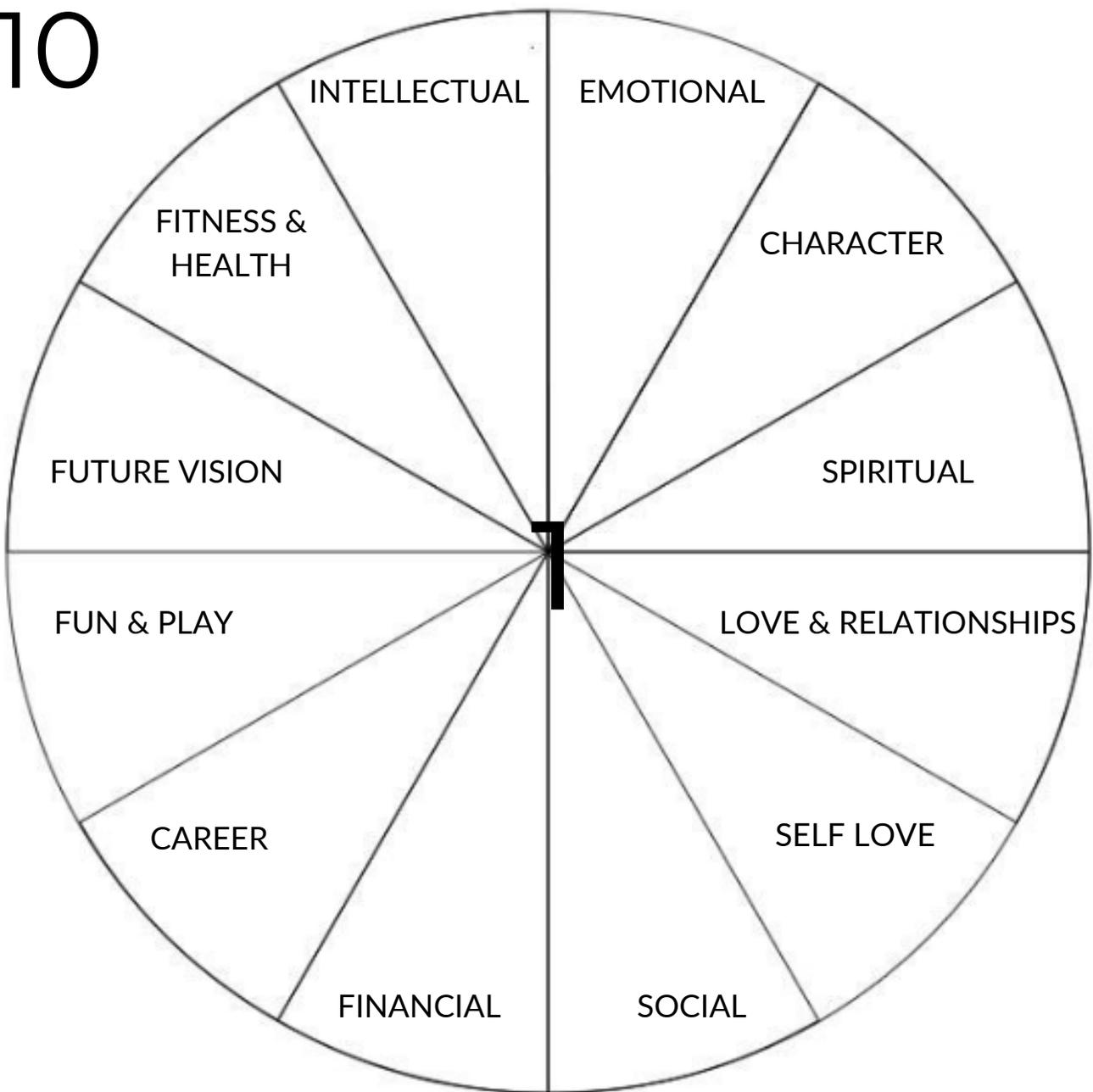
LIFE VISION



__/10

WELLNESS WHEEL

10

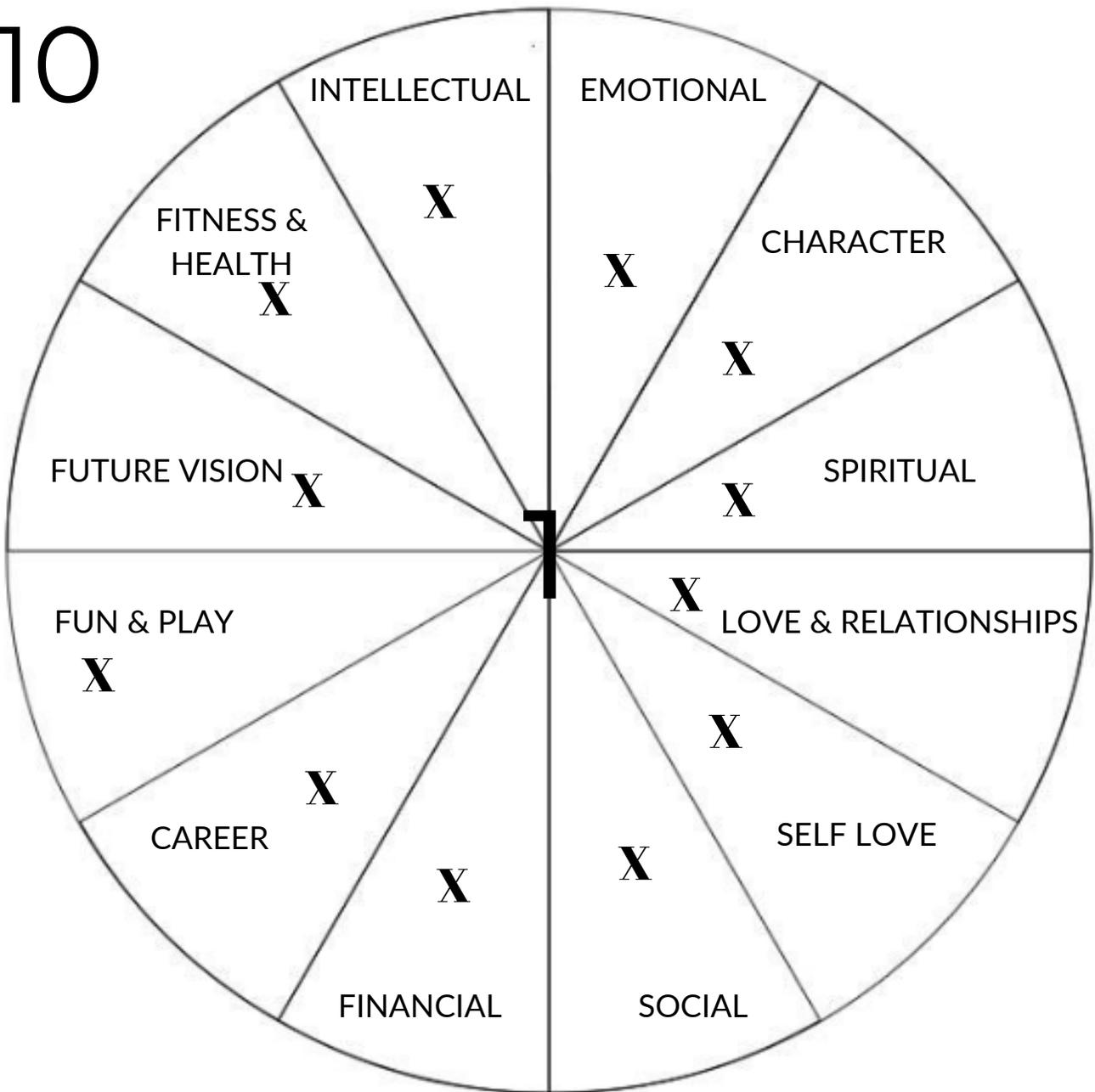


Fill in the wheel below using the following 2 pages as a guide

WELLNESS WHEEL

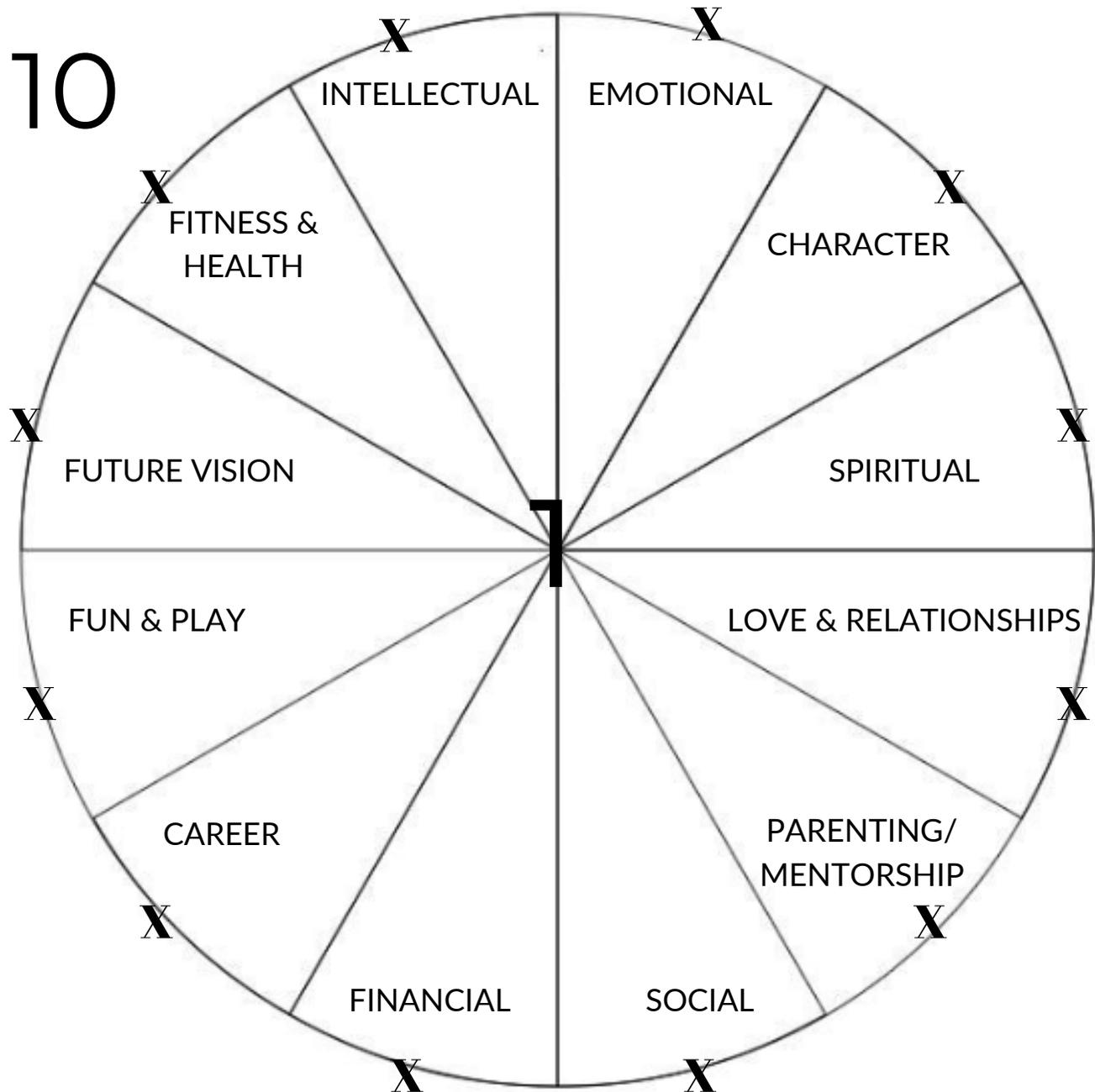
EXAMPLE:

10



Connect the "x" marks to see the areas that look to be out of balance. You may want to focus on those areas in greater detail.
i.e. spiritual/love & relationships

WELLNESS WHEEL "IDEAL WHEEL" EXAMPLE:



The above wheel represents all areas of life evaluated at a 10/10- a balanced and fully satisfied life!

WELLNESS WHEEL EVALUATION RECAP

Now that you have taken the time to do this comprehensive wellness wheel, are there any areas that surprised you or stand out for you?

The "ideal wheel" may not seem like a reality but it something to strive for. If you are just getting started, strive for a balanced wheel, and then work your way closer into the circle of wellness accordingly.

Now that you know exactly where you are at, what vision do you have for your life to bring it closer to the ideal wheel?

Stay tuned for the Life Vision & Goal Setting Workbooks!