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LIFE PATH SELF- ASSESMENT SHEET

NAME: _____ DOB: _____ DATE: _____

LIFE PURPOSE

- ☐ I wake up feeling excited and driven by a sense of mission.
- ☐ My daily work aligns with my deepest values and passions.
- ☐ I feel that my contributions are meaningful and impactful.
- ☐ I have a crystal-clear vision for where my life is headed.
- ☐ I am constantly growing, evolving, and challenging myself.

TOTAL:

WELLNESS

- ☐ I wake up each day feeling vibrant, energetic, and powerful.
- ☐ I honor my body with nourishing food, exercise, and rest.
- ☐ I manage stress effectively and cultivate mental resilience.
- ☐ I feel physically and emotionally strong in handling challenges.
- ☐ I consistently invest in my personal well-being.

TOTAL:

FINANCIAL LIFE

- ☐ I have total financial clarity and confidence in my future.
- ☐ I actively create and manage wealth, not just earn and spend.
- ☐ I am in control of my financial habits and decisions.
- ☐ I have a powerful plan that allows me to thrive, not just survive.
- ☐ My financial situation allows me to contribute, experience, and live fully.

TOTAL:

FAMILY

- ☐ My relationships with family are built on love, support, and mutual growth.
- ☐ I make time to nurture deep, meaningful connections with my loved ones.
- ☐ I communicate openly, honestly, and effectively with my family.
- ☐ I lead my family relationships with intentionality and presence.
- ☐ I create an environment where my family feels valued and appreciated.

TOTAL:

RELATIONSHIP

- ☐ I am deeply connected with my significant other on an emotional, intellectual, and spiritual level.
- ☐ Trust, respect, and appreciation are the foundation of my relationship.
- ☐ I am fully present and engaged in my relationship.
- ☐ I invest time and energy in cultivating love and passion.
- ☐ My relationship brings out the best version of myself.

TOTAL:

CONTRIBUTION

- ☐ I leverage my talents and passions to serve others powerfully.
- ☐ I create value and impact in my community, workplace, and relationships.
- ☐ I am committed to constant personal growth and contribution.
- ☐ I feel a deep sense of purpose in how I give to others.
- ☐ I regularly reflect on how I can serve at a higher level.

TOTAL:

INTERPRETATION OF SCORE:

- **22 or Below:** Struggling or Unaligned – Time to take massive action and reclaim your power.
- **23 - 24:** In Need of Adjustment – You are making progress, but some areas need your attention.
- **25 and Above:** Functional, But Not Optimal – You're in the game, but there's room for expansion.
- **27 - 28:** Near Peak Performance – You're thriving but can elevate even further.
- **29-30:** Peak Alignment – You are living with mastery and intentionality!