

monthly checklist 1



This checklist is to help you get a clear picture of your Life. Tick each statement that is true for you at the moment and add them up at the end of the section. Add all the section totals together to give yourself a score out of 60. The checklist provides you with a current overall "satisfaction" rating and offers you an indication of what areas you might wish to address.

Work

/10

- My work stimulates me
- I am proud of what I do for a living
- I feel appreciated in my workplace
- I respect the people I work with
- I know where my career is heading
- I respond to calls and emails within 48 hours
- I don't let paperwork pile up
- I complete my work within reasonable hours
- I manage my time well
- I delegate without guilt

Home environment

/10

- I am happy with my home
- My home is generally clean and tidy
- I surround myself with things that I love
- I don't acquire clutter
- I recycle at home
- My personal files are in order
- My bed supports me having a good sleep
- My bed is always properly made
- I have photos of loved ones on display
- I am happy with my mode of transport

Finances

/10

- I am satisfied with my income
- I have a budget that I use
- I pay my bills on time
- I know how much I owe and when it will be paid off
- I have an active long-term financial plan
- I am able to reward myself without feeling guilty
- I use my credit card wisely
- I have a will
- My wallet is uncluttered
- My tax affairs are up to date

Relationships

/10

- I am happy with the level of intimacy in my life
- My partner & I respect each other & are equals
- I get along well with my work colleagues
- I make amends easily with people I have had conflicts with
- I trust the significant people in my life
- I am on good speaking terms with my neighbours
- I consider myself to be a good friend
- I see people who are important to me regularly
- My friends & family know how much I care about them
- I am satisfied with my social life

Health & body

/10

- I am happy with my current weight
- I do some form of exercise at least three times a week
- I have a balanced diet including lots of fresh food
- I don't smoke or drink alcohol excessively
- I drink at least 2 litres of water every day
- I am up to date with all necessary medical and dental checkups
- I am happy with the sleep I get
- I have appropriate clothes for my work & personal interests
- I am not concerned about my stress levels
- I feel generally well

Personal

/10

- I like myself
- I have had a birthday party in the last two years
- I have a life outside of my work
- I have enough confidence to do what I want in life
- I have adequate holidays each year
- I don't lie or exaggerate
- I am comfortable saying no when I need to
- People know they can count me on to do what I say I will do
- I can easily recall the last time I really laughed
- I have a form of creative expression

Total for this checklist:

/60

Strongest area:

Weakest area:



your life you choose

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