

Life Domains Self-Assessment Worksheet

Instructions:

For each life domain below, rate yourself on a scale of **1 to 10**, where:

- **1** = Very dissatisfied
- **10** = Completely fulfilled

Then, answer the reflective questions to identify strengths, challenges, and opportunities for growth.

1. Relationships and Connection

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- What is working well in your relationships?
 - Are there any relationships that feel unbalanced or draining?
 - What actions could you take to strengthen your connections?
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2. Personal Growth and Development

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- How much time do you dedicate to learning, growth, or self-reflection?
 - What's one area of personal development you'd like to explore further?
 - How does this domain impact other areas of your life?
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3. Contribution and Service

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- In what ways do you currently contribute to your community or others?

- Do you feel your contributions align with your values?
 - What would a more fulfilling contribution look like?
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4. Meaningful Work

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- Does your work align with your skills, passions, and values?
 - What aspects of your work feel meaningful to you?
 - Are there changes you could make to increase fulfilment in this area?
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5. Health and Well-Being

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- How would you describe your physical, mental, and emotional health?
 - Are there habits you could adopt to enhance your well-being?
 - What supports you in maintaining balance in this domain?
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6. Spirituality and Transcendence

Rate your satisfaction:

1 2 3 4 5 6 7 8 9 10

Reflective Questions:

- Do you feel connected to something greater than yourself (e.g., purpose, faith, nature)?
 - How do you nurture your spiritual well-being?
 - What steps could you take to deepen this connection?
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Reflection and Action Plan

1. Which domain(s) scored the highest? Why do you think these areas are strong for you?

2. Which domain(s) scored the lowest? What makes these areas challenging?

3. Choose one domain to focus on in the next month. What specific actions can you take to improve it?

Read more about each life domain with self-reflection prompts and first steps from [the Six Key Life domains page](#).