**THE MINDFUL LIFE COACH UK**

**FREE LIFE EVALUATION & PLAN TEMPLATE**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE COMPLETED: \_\_\_\_\_\_\_\_\_\_\_ LIFE SATISFACTION SCORE: \_\_\_\_\_\_%**

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| --- | --- | --- | --- | --- | --- |
| **LIFE TOPIC** | **Rate your current satisfaction on a scale of 1 (low) to 10 (high)** | **What is the current situation – what’s working well, what needs to change to create more satisfaction?** | **What is your ultimate goal for this area of your life? What do you want to achieve/ experience in 2023 and WHY?** | **What’s holding you back? What do you need to change or let go of e.g. mindset, emotions, habits, fears?** | **Next Steps – what are you prepared to do to achieve your goal? identify what steps need to be taken, what help do you need and from who, and when each step will be taken.** |
| **Home – extent to which you are satisfied with your home and living environment/neighbourhood** |  |  |  |  |  |
| **Significant Other - extent to which you are experiencing a healthy and meaningful connection with a romantic partner** |  |  |  |  |  |
| **Parenting - extent to which you are experiencing a healthy and meaningful connection with your child/children** |  |  |  |  |  |
| **Friends and Family – extent to which you are experiencing healthy and meaningful connections with family, friends, work colleagues, community etc** |  |  |  |  |  |
| **Emotional Wellbeing – extent to which you are experiencing positive mental and emotional health and resilience** |  |  |  |  |  |
| **Physical Health – extent to which you are experiencing energy, health, and vitality** |  |  |  |  |  |
| **Work/Career – extent to which you are satisfied and thriving in your work/career** |  |  |  |  |  |
| **Lifestyle, Fun & Creativity – extent to which you are enjoying free time filled with enrichment, fun and self-care activities** |  |  |  |  |  |
| **Finances – extent to which you are enjoying financial freedom, stability, and abundance** |  |  |  |  |  |
| **Spiritual / Personal Development – extent to which you are aligned with your spiritual self and or promoting your personal development** |  |  |  |  |  |