



THE MINDFUL LIFE COACH UK

LIFE EVALUATION & PLAN

NAME: _____

DATE COMPLETED: _____

LIFE SATISFACTION SCORE: _____%

The Life Evaluation & Plan template is a powerful tool designed to help you gain clarity and direction across 10 Key Areas of your life. By systematically assessing various aspects of your life - such as health, career, relationships, and finances etc - this template guides you through a process of reflection, goal-setting, and strategic planning. Using this exercise, you can identify areas of strength and opportunities for improvement, set meaningful goals, and create actionable steps to achieve a more balanced and fulfilling life. Completing this evaluation empowers you to take control of your future, making informed decisions that align with your values and aspirations. If you would like more clarity around your personal values, complete the following FREE questionnaire: <https://personalvalu.es/>

KEY AREAS OF LIFE...	Rate your current level of SATISFACTION on a scale of 1 (low) to 10 (high) e.g. 8/10	What is your ULTIMATE GOAL/DREAM for this area of your life and WHY? What would you love to achieve/ experience?	What is the CURRENT situation? Focus on what's working well and what needs to change to create more satisfaction?	What's holding you back? What do you need to LET GO of to move forward (e.g. mindset, emotions, habits, fears)?	NEXT STEPS – what steps need to be taken to align with your goals and dreams? What help do you need and from who? Set a timeframe for each step to 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					
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Congratulations on taking the first step towards a more fulfilling life by completing the Life Evaluation and Plan template! If you found any part of the process challenging or if you need further guidance to turn your insights into actionable steps, we're here to help. The Mindful Life Coach UK offers a free consultation and taster session, where you can explore your results in depth with personalized support. This session is designed to help you clarify your goals, overcome obstacles, and create a clear path forward. Don't hesitate to reach out—your journey to a more mindful and purposeful life begins with the right support.

[CLICK FOR FREE CONSULTATION
& TASTER SESSION](#)

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"Create a Life You Love, the Balance You Need, & the Resilience to Weather Any Storm"

