

## **Life Assessment Survey**

***To unleash your genius and realize your fullest potential is an act of courage. It begins with a simple question, “Am I content and fulfilled with my life experience?”***

Being content and fulfilled requires a clear intention to discover who you are and why you are here.

In order for the answers to emerge it is necessary to insure that your form (your body) is in balance with your function (your genius). When you put form and function together and get in a natural rhythm, you will experience a joyful flow in your everyday life.

### **Form + Function + Flow = Optimum Life Experience**

Outer form follows inner function. When your inner function is peaceful, and loving, your purpose will shine upon the outer experiences in Relationships, Work, Wellness and Mindset. You will be able to manifest all that you dream.

The following questions require radical self-honesty and intentional self-reflection. Take your time and feel into each answer. It's helpful to close your eyes and see what answer emerges. It is best to not only consider the first answer that pops into your head. Also, include your feelings, your thoughts and listen deeply for the answer. Have fun and do not take it too seriously.

Print out this form and fill it in or write your score and any notes on a separate piece of paper.

### **Rate Your Relationships**

This will help to determine if you are defaulting into relationship patterns that are unhealthy.

#### **Use this rating scale for the exercise below.**

1= not satisfying/never

3= somewhat satisfying/often

5= completely satisfying/always

You can also choose 2 or 4

#### **Relationship to Others**

Rate your relationships with others. Before you answer each section think about a person(s) in each category.

A. Work: Boss, Colleagues, Clients, Vendors etc. \_\_\_\_\_

B. Home: Children, Animals etc. \_\_\_\_\_

C. Partner: Spouse, Life Partner, and Significant others, etc. \_\_\_\_\_

D. Friends: Playmates, Community, Neighbors, Organizations etc. \_\_\_\_\_

**1) Total Score** \_\_\_\_\_

#### **Relationship to Yourself**

Rate your relationship with yourself. This will help determine if you lack self love. Before you answer tune into your heart. Feel what it has to say.

A. Do you feel alone? (Lacking of relationships in general) \_\_\_\_\_

B. Do you feel lonely? (Not able to share your feelings, ideas and/or dreams with others) \_\_\_\_\_

C. Are your relationships largely un-satisfying? \_\_\_\_\_

D. Are you pleased with yourself? \_\_\_\_\_

**2) Total Score** \_\_\_\_\_

## **Relationship Assessment Results and Actionable Ideas**

A. **Total Relationships Score:** Add up the Two Total Scores from above\_\_\_\_\_

**Unhealthily (8-15) Consider:** Seek counseling. Take a workshop. Act as if the rest of your life depends on you taking immediate action. Create a daily, morning and evening practice of mediation, prayer and gratitude. Join a group or organization that builds your relationships and brings you joy.

**Healthy, yet unsatisfying (16-27) Consider:** Find a coach, guide, or teacher that shares similar values and life experiences. Take intensive courses to build upon your gifts. Take a journey to an unknown place in an unknown land with unknown people. Explore your mythical nature by reading books on archetypes, symbols and the mysteries. Build a practice of meditation and breathwork. Let go of any relationship that does not serve your highest potential.

**Healthy, and vibrant (28-40) Consider:** Become a master of your life experience. Teach and share your wisdom and heart. Be of service in your local or global community(s). Explore higher educational training. Get into an intimate relationship with the soul in yourself and others. Celebrate your relationship and honor your shared path.

## **Rate Your Work**

**Use this rating scale for the exercise below.**

1= not satisfying/never/no

3= somewhat satisfying/often/sometimes

5= completely satisfying/always/yes

You can also choose 2 or 4

### **Fulfillment + Experience = Work**

Rate the experience you are having at work. This will help determine if your work is fulfilling. Before you answer check in with your sense of joy or disappointment.

A. What level of satisfaction do you have at work? \_\_\_\_\_

B. Do you work for the love of it? \_\_\_\_\_

C. Do you work for the money? \_\_\_\_\_

D. Is the work you do, different from who you are? \_\_\_\_\_

**1) Total Score** \_\_\_\_\_

### **Gifts, Talents and Tools you use to do your work**

This will help determine if your mindset is balanced. Think about each category below and rate yourself using the following scale.

A. Practical, rational, logical thinker \_\_\_\_\_

B. Creative, intuitive, imaginative \_\_\_\_\_

C. Adequate skill set for high performance at work \_\_\_\_\_

D. Educated \_\_\_\_\_

**2) Total Score** \_\_\_\_\_

## **Work Assessment Results and Actionable Ideas**

B. **Total Work Score:** Add up the two Total Scores from above \_\_\_\_\_

**Unsatisfactory (8–15)** Consider: Do not quit your job yet. Do self-inquiry to connect with the aspects of yourself that feel unhappy. Show up to work and focus on the parts of it you enjoy. Seek job counseling. Develop skills you would like to learn. Explore how you might be able to make your hobby your work and get paid for it. Live in the moment and not in the fear of what tomorrow may bring.

**Satisfactory, yet unfulfilling (16-27)** Consider: Reflect upon your work from 1) Heart: What do you love about your work? 2) Soul: When you listen quietly what does your soul say about your work? 3) Head: What from a practical level works and what does not work? Speak with your boss about how you might advance your work in the interest of the company, expand your skill set, and/or get more involved in the company by participating in activities that bring mindfulness, joy and play into the work space. Set daily intentions before work. After work take five minutes to let go of the stress of your day.

**Ideal, room to optimize (28-40)** Consider: Take a leadership role in your company if you have not already done so. Mentor others within the company and in the community. Reinvest your time, money and genius in the company and those that work there. Master yourself by furthering your study. Up level your work into a vocation. Allow what you do to be the same as who you are. Bring practices like mindfulness, meditation, yoga into the workplace.

## **Rate your Health**

**Use this rating scale for the exercise below.**

1= not satisfied/no

3= somewhat satisfied

5= completely satisfied/yes

You can also choose 2 or 4

### **Health + Lifestyle = Wellness**

Does your health support your optimum life experience? This includes the health of your body, mind and emotions. Reflect on the overall wellbeing of your body including what you eat, drink, exercise regimen, energy level, and sleep habits. Take into account any addictions (drugs/alcohol, caffeine, sugar, work, and sex).

- A. How do you feel about your looks? \_\_\_\_\_
- B. How do you feel about diet? \_\_\_\_\_
- C. Are you happy about your health in general? \_\_\_\_\_
- D. How do you feel about your state of Mind/outlook on your life? \_\_\_\_\_

**1) Total Score** \_\_\_\_\_

### **Rate your Lifestyle**

Does where you live and your environment support your wellness?

Before you begin, look around the place you live. How does the interior and exterior of your home look and feel to you? Do you have a garden? Do you feel safe and at home?

- A. How do you feel about your place of residence? \_\_\_\_\_
- B. Do you feel peaceful and at home in your residence? \_\_\_\_\_
- C. Does your household belongings support your happiness? \_\_\_\_\_
- D. Do you have a space in your home you can call your own? \_\_\_\_\_

**2) Total Score** \_\_\_\_\_

## Health and Lifestyle: Results and Actionable Ideas

C. **Total Wellness Score:** Add up the Two Total Scores above \_\_\_\_\_

**Poor state of wellness (8-15) - Health:** Consider: Make your health your number one priority. Be mindful about what and how much you eat. Consider less carbs more veggies, and less meats. Are you eating 3 times of day and nothing after 8pm? Make sure you are doing some kind of exercise, movement or stretching everyday for at least 20 minutes. Get a physical and appropriate medical tests to determine how your body is functioning. Find the time in the am and pm to sit quietly and place your attention in perfect health. Health like everything is a mind set. If you have your health you have everything.

**Lifestyle:** Consider: Assess your place of residence. Can it be remodeled or even just rearranged to increase wellness? What clutter or junk can you get rid of immediately? Throw out, give away or sell the things that no longer serve your wellbeing. Is your place environmentally safe? Check for mold, radon gas, dust mites etc. Treat your home as if your life depends on it because it does. Unhealthy spaces produce unhealthy people.

**Fair state of wellness (16-27) - Health:** Consider: It is time to do a review of your overall wellness. Take a look at your diet. Are you eating too much or not enough? What are you eating? Do you sense that you may drink too much caffeine, alcohol or indulge in sugar? Have you had an annual check up? What do your test results reveal? Find a good book on nutrition. Take a class on healthy living and exercise intently and intensively. Spend time meditating, journaling and connecting with the environment.

**Lifestyle:** Consider: Room for improvement. Clean house. Before you give it a thorough cleaning get rid of things that do not contribute to your wellbeing. Do you really like those trinkets that have been collecting dust? Create more space. Reorient what you do like to face a new direction, wash, wax your floors and

furniture. Create a home that feels sacred. It's your sanctuary so why not make it look and feel like your very own? Look at magazines for ideas that would make you happy and comfortable. Think about your exterior landscaping as much as your interior. Interior planets can have a magical effect. New carpet, paint, or kitchen might be in the offing, if it fits your budget.

**Excellent state of wellness (28-40) - Health:** Consider: Keep up the consciousness. Your regular exercise and mindful eating are serving you well. What's missing? Do you have a consistent meditation practice? What sport have you always wanted to try yet never have? Does yoga sound interesting? Maintaining a balance of body, mind and spirit requires discipline. Do you like to paint, garden, hike or swim? Optimum wellness is not a destination, it's all about the journey. Even in the highest states of mind we can default. Keep it radically new and you too will remain vibrant and fulfilled.

**Lifestyle:** Consider: Your home offers the body, mind and spirit a sanctuary from the challenges of everyday life. It may be time to consider buying yourself a present for the hard work you have put in to be who you have become. Celebrate your home and turn it into your temple.



## **Relationships + Work + Wellness + Mind = Ultimate Life Experience**

Add up all the total scores from above  $A + B + C =$  \_\_\_\_\_

### **Total Score and Redesign Ideas**

These three suggestions are to encourage you to further redesign your life to experience Peace, Love, Joy and Abundance and unleash your genius.

#### **1) Score 24-47**

**Complete Redesign of your Life Experience**

#### **2) Score 48-81**

**Remodel of your Life Experience**

#### **3) Score 82-120**

**Little Re-Design required.**

These simple yet powerful questions will help you live according to your soul's purpose and find the peace, joy and love of who you are and what you do.

If you would like to explore how you can design a life that is calling you, please feel free to [contact Adam](#). You will need to fill out a short form. Your inquiry will remain confidential

Blessings,  
Adam Hall