

## The Life Evaluator

Rank your current levels of success in each area of your life. Use this as a foundation and baseline position to start to increase your levels of success in everything that you do. (If the sentence is true give yourself 1 point)

### Happiness

- I love my life and I am very happy
- I can't wait to get out of bed every morning
- I spend my time away from work doing the things I enjoy the most
- Everyday I spend time on me
- I love my days off and weekends – they are fun packed
- I appreciate the little things in life
- I am living the way I want to live at the moment
- I don't get stressed out easily and can chill
- I laugh a lot
- I am fun to be with

Happiness score out of 10 –

### Money

- I regularly save 10% of my income
- I have no money worries
- I have no credit card debt in excess of £1000
- I have at least 50% worth of money of my annual salary in the bank or invested
- I have a money plan in place for the future
- I always know what I am spending each month
- I always know what my bank balance is at any given moment
- I am financially knowledgeable – I know about money and investing
- I have total control over my finances
- I am always thinking of ways to make money work for me

Money score out of 10 -

### Career

- I love my career. I am fulfilled.
- I look forward to going to work everyday
- My career stimulates me and develops me as a person
- I work to live and not live to work
- I know where my career is taking me both in advancement and reward
- I have as much energy at 9:00am as I do at 5:00pm
- In the main, work does not stress me out
- The people I work with are great
- My work environment is positive and supportive
- I have fun at work

Career score out of 10 –

### People/Family/Relationships

- My family life is fantastic
- I have a lot of friends and we do things together
- I am close to my parents (alive or not)
- I have a best buddy
- I am close to my children; there are no differences between us
- I get along with my neighbours and the people in my area
- We do a lot of activities together as a family
- The people who matter the most in my life love me
- I have a good network
- I get along with people in the main and can communicate effectively with anyone

People score out of 10 -

## Confidence

- I am a confident person
- I don't doubt my ability to do a job
- I know my strengths and weaknesses
- I don't have difficulty in saying "No"
- I don't often think that I am not as good as others
- I don't worry what others may think of me
- I don't expect myself to be perfect all the time
- It's not important for me to want to be liked and approved of
- I smile a lot
- I am a positive person

Confidence score out of 10 –

## Looking after yourself

- I take in exercise at least 3 times a week
- I lead a healthy lifestyle in terms of the food I eat and I do not abuse my body with excess alcohol
- I am happy with my appearance
- I regularly visit the Dentist, Optician and the Doctors for check ups
- I manage my stress levels by relaxing each and every day
- I have at least 3 holidays/breaks per year
- There are no outstanding issues or problems that have not been resolved or working towards being resolved.
- I do not chase my tail in terms of not having enough time
- I regularly treat myself each week to something I enjoy – clothes, cd's, massage, nails, hair, skin etc
- I regularly assess how I am looking after myself and put a plan in place to improve

Looking after yourself score out of 10 –

## Growth & Development

- I am constantly learning and growing
- I try out new things and activities all of the time
- I make plans to improve myself constantly
- I know what my goals are and I am eagerly and effectively making them a reality
- I enjoy variety
- I develop the people around me so that they are more successful in their lives
- I have all of the tools, aids, contacts and resources to make me a success
- I have a mentor who continually pushes me to achieve more
- I make events happen rather than wait for them to happen to me
- I regularly attend seminars, training courses and conferences to improve

Growth & Development score out of 10 –

## Unfinished Business!

- I am in control of my own life and my own destiny
- I could die right this moment with no regrets
- I am doing what I want, when I want
- I am really optimistic about the future
- There is nothing I am dreading or avoiding at this moment in time
- I have a plan in place to succeed in all that I do
- I am implementing my plan
- I have the energy and drive to succeed
- I am not afraid of making mistakes or failing at things
- I am now ready to give it all that it takes to succeed

Unfinished Business score out of 10 –

**Your overall scores:**

Area	Score
Happiness	
Money	
Career	
Relationships	
Confidence	
Looking after.	
Growth	
Unfinished Bus	
<b>TOTAL</b>	

Put your overall scores in the table above and highlight the areas of your life that need the most work.

Jot down below the **top 5** activities that you are going to start on immediately. What jumped out at you from completing the assessment?

- 1.
- 2.
- 3.
- 4.
- 5.

So, what was your score?

Use the chart below to see what success league you are in!

Points	League
70-80	Premier League
60-69	Division 1
40-59	Division 2
00-39	Division 3

**Premier League**

For the elite clubs playing a very high standard and reaping big rewards.

**Division 1**

Huge potential to jump into the big league. Need one or two more players to give it that final push.

**Division 2**

Playing to a good standard but are underachieving. Need a new manager to set tactics and strategy.

**Division 3**

Watch out or you could be dropping into the non-league. Your club needs a serious overhaul and massive action to get it right.

No matter what league you are in, additional players and managers can be found at! -

**<http://www.UltraLiving.com>**

You owe it to yourself to have as much happiness in your life as you can, do something about it today.