

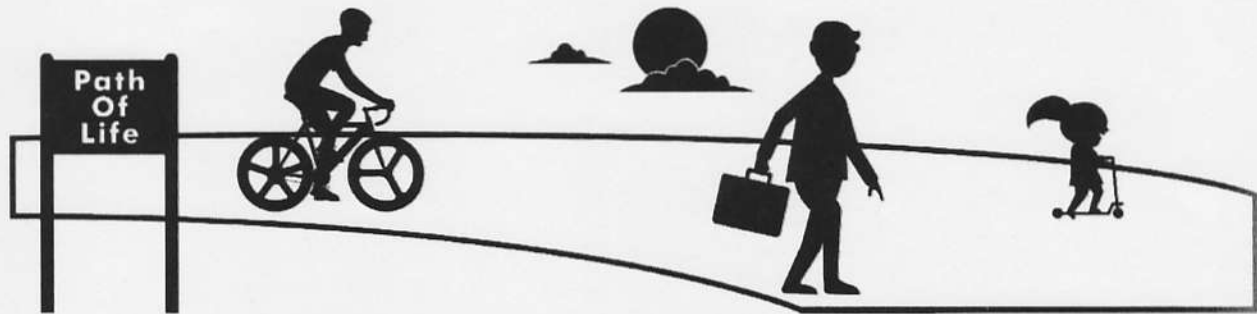
# MyCoach.Life™

*Helping You Create Your Amazing Tomorrow*

## The Path of Life Assessment™ by MyCoach.Life

Find out how smooth your Path of Life is by completing this personal assessment exercise. Answer the statements in each category with how closely it pertains to your life right now. 1 = not all like me now. 10 = describes me exactly. Add the total for each category, and then divide by 10 to get your result. Fill in the appropriate box to see if your path of life is smooth or full of curves.

Be completely honest, this assessment is only for you. It is designed to show you areas that may need some work, but it starts with personal honesty.



Work	Money	Home	Growth	Health	Fun	Service	Family
10	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1

<b>Work / Career</b>	<i>1 (disagree) - 10 (agree)</i>	<b>Money / Finances</b>	<i>1 (disagree) - 10 (agree)</i>
I love my job	6	I have plenty of money in savings	2
I get along well with my boss	6	I make as much money as I want	2
I get along well with my co-workers	8	I have the money to buy things I need	7
There are ample opportunities for career growth	5	I have the money to buy things I want	3
My core values align with the company's	6	I manage my finances well	4
I see myself working here in five years	6	I keep written track of my finances	2
I am paid what my position is worth	6	I pay my bills on time	8
I am comfortable in my office, cubicle, or space	6	I have no stress over money	6
My work is challenging	3	My retirement amount is on track	2
My work is satisfying	6	My financial future looks good	6
<b>Total</b>	60	<b>Total</b>	42
<b>Divide by 10 and mark the chart</b>	6	<b>Divide by 10 and mark the chart</b>	4
<b>Home Life</b>	<i>1 (disagree) - 10 (agree)</i>	<b>Personal Growth</b>	<i>1 (disagree) - 10 (agree)</i>
I live in a city where I want to live	10	I know my why and core values and live by them	1
I live in a house/apt that I want to live in	7	I have written my personal edict and am accomplishing my vision	3
I have all the amenities I want in my home	5	I like the path my life is currently on	4
I have enough personal space	10	I continually improve myself through professional education	3
I like my neighbors	4	I read as much as I want	8
I like the size of my yard/land	3	I regularly attend positive motivational seminars	2
I like my neighborhood	8	I watch positive motivation videos	6
I am happy with the amount/type of pets I have	10	I read good leadership and positive motivation books	2
I like the weather where I live	7	I am happy with the amount of personal time I have	7
I like my commute from home to work	8	I am understanding of other people's work on their own growth	8
<b>Total</b>	72	<b>Total</b>	44
<b>Divide by 10 and mark the chart</b>	7	<b>Divide by 10 and mark the chart</b>	4

<b>Health</b>	1 (disagree) - 10 (agree)	<b>Fun / Recreation</b>	1 (disagree) - 10 (agree)
I am spiritually healthy	8	I have as much recreation time as I want	4
I am emotionally healthy	7	I have the money to take the vacations I want	2
I do not get upset at other drivers on the road	4	I take the time to de-stress each day	5
I am happy with my weight	4	I relax and enjoy time alone as much as I want	5
I am happy with my diet	6	I enjoy recreation time with my friends as much as I want	7
I have an exercise schedule I stick to	4	I know what recharges me and I regularly do that	9
I think positive thoughts about myself	8	I regularly schedule recreation time	3
I eat healthy foods	6	My recreation/fun time does not get interrupted	4
I take responsibility for my mental wellbeing	7	My job allows adequate vacation time	5
I consistently work to maintain my health	5	I schedule family recreation time (10 of no spouse/children)	5
<b>Total</b>	<b>69</b>	<b>Total</b>	<b>48</b>
<b>Divide by 10 and mark the chart</b>	<b>6</b>	<b>Divide by 10 and mark the chart</b>	<b>5</b>
<b>Service to Others</b>	1 (disagree) - 10 (agree)	<b>Family</b>	1 (disagree) - 10 (agree)
I routinely volunteer at worthy organizations	8	I have the feeling of family in my life (whether or not biological)	9
I am happy with my level of donating to charities	5	I am happy with my relationship with my parents (10 if they have passed)	10
I routinely ask fellow employees if they need help	4	I am happy with my relationship with siblings (10 if no siblings)	8
My boss knows I am available for him/her	4	I am happy with my relationship with my significant other (5 if none)	8
I routinely ask my significant other if they need help	8	I regularly contact family	8
I offer to help other family members	10	I have meaningful conversations with family	8
My children can rely on me (10 if no children)	10	I withhold and hide nothing from my family	6
I help my neighbors when needed	4	I am open to creating deeper relationships with all my family	5
I donate old clothing	10	I am satisfied with my contribution to family	9
I donate old appliances	10	I am satisfied with my role in the family	10
<b>Total</b>	<b>73</b>	<b>Total</b>	<b>72</b>
<b>Divide by 10 and mark the chart</b>	<b>7</b>	<b>Divide by 10 and mark the chart</b>	<b>7</b>