Key Life Areas Worksheet

Instructions: Use this worksheet to evaluate each key area in your life to determine how you think you are currently doing in this area as well as how important each key area is for this season of your life. Then take some time to consider what needs to change and what needs to stay the same in order for you to thrive. Visit this post for more background information on these areas.

Use this worksheet to evaluate your circumstances on a regular basis to help guide you in making the necessary decisions and changes to make sure you are living intentionally. Reviewing your progress and setting new objectives yearly, quarterly, and monthly can help you stay on track toward your goals.

Physical

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

WorkingMomsBalance.com * Copyright 2016 * All rights reserved.

Spiritual

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

Emotional

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

WorkingMomsBalance.com * Copyright 2016 * All rights reserved.

Social

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

Intellectual

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

WorkingMomsBalance.com * Copyright 2016 * All rights reserved.

Occupational/Fulfillment

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

Environmental

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

WorkingMomsBalance.com * Copyright 2016 * All rights reserved.

Financial

How successful do I currently feel in this key area?

1 2 3 4 5 6 7 8 9 10

(failing miserably) (smashing success)

How important is this key area to my life in this current season?

1 2 3 4 5 6 7 8 9 10

(not at all important) (most important)

What am I currently doing in this key area that is working well for me? What changes should I make in this key area to get to be more successful?

WorkingMomsBalance.com * Copyright 2016 * All rights reserved.