



State of Your Life

WHOLE-LIFE ALIGNMENT ASSESSMENT

Name: _____

Date: _____

PURPOSE

This assessment is designed to help you gain honest clarity about your current season of life and leadership. It can help you recognize where you are thriving, where you feel stretched, and where greater alignment may be inviting your attention.

Respond based on what is true for you right now—not what you believe should be true. This is not a measure of your worth or performance. It is an opportunity for awareness, reflection, and intentional growth.

Review each statement and check those that feel true for you. Allow approximately 15–20 minutes to complete the assessment. Move through the statements thoughtfully but try not to overthink your answers or search for the “right” response. If you are unsure, leave the statement unchecked and continue. Your responses can help you identify areas you may want to explore within our coaching partnership.

This assessment reflects where you are right now—not a fixed measure of who you are.



State of Your Life ASSESSMENT

SPIRITUAL LIFE AND PURPOSE

Your connection to faith, identity, calling, and what matters most.

Check all that feel true for you in your current season.

- ☐ I feel connected to my faith and sense of purpose in this season.
- ☐ I intentionally create space for prayer, reflection, or spiritual renewal.
- ☐ My identity is grounded in who I am, not only in what I do.
- ☐ I seek God's wisdom and discernment when making important decisions.
- ☐ I trust God's timing, even when the path or outcome is uncertain.
- ☐ My faith, values, and daily choices feel aligned.
- ☐ I experience peace more often than internal striving or pressure.
- ☐ I actively nurture my spiritual growth.
- ☐ I draw strength and perspective from my faith during challenging seasons.
- ☐ I am gaining clarity about the calling and direction of my life.
- ☐ I steward my gifts, strengths, and opportunities with intention.
- ☐ I experience meaning in the life, leadership, and work I am building.
- ☐ I can distinguish between external expectations and what I believe God is inviting me toward.
- ☐ I live intentionally rather than drifting through my responsibilities.
- ☐ I cultivate gratitude for where I am while remaining open to what may come next.

Total for this section: _____ /15



State of Your Life ASSESSMENT

EMOTIONAL WELL-BEING

Your mindset, emotional health, resilience, and internal sense of clarity and stability.

Check all that feel true for you in your current season.

- ☐ I feel emotionally steady in my day-to-day life.
- ☐ I recognize my thought patterns and can redirect unhelpful thinking.
- ☐ I respond thoughtfully rather than reacting impulsively in stressful situations.
- ☐ I can distinguish between what I can influence and what I need to release.
- ☐ I trust myself to make sound decisions, even when the answer is not immediately clear.
- ☐ I maintain a generally hopeful outlook.
- ☐ I manage stress in healthy and constructive ways.
- ☐ I recover and regain perspective after challenges, setbacks, or disappointments.
- ☐ I practice self-awareness and intentional reflection.
- ☐ I am not primarily driven by fear, pressure, or comparison.
- ☐ I feel secure in who I am while remaining open to who I am becoming.
- ☐ I extend grace to myself while continuing to pursue growth.
- ☐ I can acknowledge my emotions without letting them determine my choices.
- ☐ I protect my emotional energy through healthy limits and restorative practices.
- ☐ I can quiet mental noise and focus on what matters most.

Total for this section: _____ /15



State of Your Life ASSESSMENT

PHYSICAL HEALTH

Your energy, physical health, daily habits, and the environments that support sustainable living.

Check all that feel true for you in your current season.

- ☐ I prioritize my physical health as an essential part of my overall well-being.
- ☐ I stay current with recommended medical care and seek professional guidance when needed.
- ☐ I generally have the energy I need for my responsibilities and the activities that matter to me.
- ☐ I engage regularly in movement that supports my strength, cardiovascular health, flexibility, or mobility.
- ☐ I maintain healthy routines during demanding seasons.
- ☐ I make intentional food choices that nourish my body and sustain my overall health.
- ☐ I stay adequately hydrated throughout the day.
- ☐ My sleep habits allow me to feel rested and restored.
- ☐ I create space for rest, relaxation, and renewal.
- ☐ I include joy, laughter, fun, or recreation in my life.
- ☐ I notice and regulate my body's stress responses in challenging situations.
- ☐ My home and work environments support my health, focus, and well-being.
- ☐ I recognize and address coping habits that do not serve me well.
- ☐ I respond to my body's signals rather than continually pushing past exhaustion.
- ☐ I view caring for my body as stewardship that supports my ability to engage fully in life.

Total for this section: _____ /15



State of Your Life ASSESSMENT

RELATIONSHIPS AND INFLUENCE

The health of your relationships, boundaries, communication, and influence on others.

Check all that feel true for you in your current season.

- ☐ I have at least one trusted person I can turn to during challenging seasons.
- ☐ I feel free to be myself in my closest relationships.
- ☐ I maintain meaningful connections with the people and communities around me.
- ☐ Love, care, and mutual respect characterize my closest relationships.
- ☐ I intentionally nurture the relationships that matter most.
- ☐ I can set healthy boundaries and say no when needed.
- ☐ I communicate openly and respectfully, even in difficult conversations.
- ☐ I address tension or conflict rather than consistently avoiding it.
- ☐ I am willing to extend grace, seek repair, and pursue forgiveness when relationships are strained.
- ☐ I choose relationships that support my values, growth, and sense of self.
- ☐ I ask for and receive support rather than believing I must carry everything alone.
- ☐ I express appreciation and encouragement to the people in my life.
- ☐ I take responsibility for my words, actions, and relational impact.
- ☐ I am open to feedback and willing to consider perspectives different from my own.
- ☐ I use my influence to encourage and bring out the best in others.

Total for this section: _____ /15



State of Your Life ASSESSMENT

WORK AND STEWARDSHIP

Your professional alignment, growth, leadership, and use of time, energy, and resources.

Check all that feel true for you in your current season.

- ☐ I find meaning and fulfillment in what I do.
- ☐ I have clarity about my current season of work or calling.
- ☐ I regularly use my strengths and gifts in ways that matter.
- ☐ The way I invest my time and talents aligns with my values and long-term priorities.
- ☐ My responsibilities energize me more than they deplete me.
- ☐ I pursue opportunities that challenge and expand me.
- ☐ I have a clear vision for how I want to develop, lead, and contribute.
- ☐ I am building the skills and capacity needed for what comes next.
- ☐ I manage my time and commitments intentionally rather than operating in constant urgency.
- ☐ My workload is sustainable and leaves room for the rest of my life.
- ☐ I have the support and tools I need to succeed.
- ☐ I approach my work with focus, discipline, and follow-through.
- ☐ I lead through my actions, mindset, and presence, regardless of my title.
- ☐ I manage my finances in ways that promote stability and long-term well-being.
- ☐ I use my resources to make a meaningful difference.

Total for this section: _____ /15



State of Your Life ASSESSMENT

UNDERSTANDING YOUR RESULTS

Use Your Score as a Guide, Not a Grade

Your scores offer one perspective on your current season. A lower score may reveal an area that needs greater care or exploration; a higher score may reflect an area of strength or alignment. Rather than comparing one area with another, notice which statements stood out—and what your responses may be revealing about what matters most now.

STATE OF YOUR LIFE

Spiritual Life and Purpose	_____	/15
Emotional Well-Being	_____	/15
Physical Health	_____	/15
Relationships and Influence	_____	/15
Work and Stewardship	_____	/15
Total Score:	_____	/75

FROM AWARENESS TO ACTION

Your responses offer a picture of your current season—not a judgment of your worth or potential. As you consider them, notice what surprised you, what stirred something within you, and what you feel ready to explore more deeply.

Meaningful change rarely requires transforming everything at once. One honest insight, followed by one intentional step, can begin to create greater freedom, confidence, and purpose.

1. What surprised you or stirred something within you?

2. Which two or three statements deserve your attention right now?

3. What is one small but meaningful step you feel ready to take?

Note: This original framework was created by Lisa Bradley and informed by holistic life-domain concepts, including the work of Valorie Burton.