

## The Life Zone Assessment Tool

For each question in the corresponding zone rate yourself from a 1-10...1 being the worst and 10 being the best related to where you CURRENTLY feel you are in this particular area. Add each zone up and divide by 5

### Leadership Zone

I feel like I am leading myself well and I have a good sense of where I'm headed professionally and developmentally... \_\_\_\_\_

I am leading my family well and have a direction from where we are headed \_\_\_\_\_

I know the vision for my life \_\_\_\_\_

I am learning to manage my life and my work well \_\_\_\_\_

My colleagues respect me and I feel like I am increasing in my influence of others \_\_\_\_\_

### Mind Zone

I have a very positive mindset and I feel I can accomplish anything I desire \_\_\_\_\_

I have dealt with the trauma of past events and no longer deal with the pain \_\_\_\_\_

I have a development plan for my mind and I work towards it daily \_\_\_\_\_

I am an avid reader and I listen to tapes and read books regularly \_\_\_\_\_

I navigate through crisis well and never feel like I get into mental ruts \_\_\_\_\_

### Communication Zone

I love to speak in public and I never get nervous \_\_\_\_\_

I feel that I communicate my feelings well and that I say what I mean \_\_\_\_\_

I am able to handle conflict with others quickly and effectively \_\_\_\_\_

I have no difficulty talking to God to communicating spiritually \_\_\_\_\_

I never feel awkward in social setting and I know how to ask the right questions \_\_\_\_\_

#### Health Zone

I exercise regularly two to three times per week \_\_\_\_\_

I eat healthy and am satisfied with my current weight \_\_\_\_\_

I have no chronic health issues currently \_\_\_\_\_

I have had no major health crisis in my life \_\_\_\_\_

I am satisfied with the way I eat and have no plans to change it \_\_\_\_\_

#### Prosperity Zone

I am happy with the money I currently make \_\_\_\_\_

I feel like I am satisfied with my current salary \_\_\_\_\_

I feel like I am progressing in my career and moving up the ladder \_\_\_\_\_

I have assets and investment as well as retirement and I own a home \_\_\_\_\_

I have a significant savings and I can access the money when needed \_\_\_\_\_

#### Relationship Zone

I am very happy with my current relationship \_\_\_\_\_

I find it easy to navigate through relationship struggles \_\_\_\_\_

I have a good relationship with my spouse or significant other \_\_\_\_\_

I love to get together for family gatherings \_\_\_\_\_

I have a good relationship with my mentor boss and coworkers \_\_\_\_\_

#### Assignment Zone

I know my purpose on life \_\_\_\_\_

I know my passion in life and I pursue it daily

\_\_\_\_\_

I can communicate my personal vision with others easily

\_\_\_\_\_

I am a great goal setter

\_\_\_\_\_

I know the kind of problem I am gifted to solve

\_\_\_\_\_

I know the kind of person that I am called to help

\_\_\_\_\_