

Life Domain Analysis Worksheet

Scale yourself on 1 to 10 scale in each life domain. Think about it in terms of “how well is everything going” in that domain.

Domain	Score (1 - 10)
Physical	
Emotional	
Spiritual	
Mental	
Relational	
Vocational	
Financial	
Recreational	

Now, look at how you would like to grow in any of these areas.

Domain	What would a 9 or 10 look like?
Physical	
Emotional	
Spiritual	
Mental	
Relational	
Vocational	
Financial	
Recreational	

