

Life Evaluation Workbook

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CLEDO Designs is dedicated to helping people design a life they love. It is your life. Design it your way! Begin by journaling in this Life Evaluation Workbook.

Play soft music, light a candle, pour yourself a cup of coffee or tea. With a pen and your workbook in hand, it is time for some quiet reflection. Feel the excitement. You are about to embark on a journey that will transform your life.

OVERVIEW

How content are you with your life on a scale from 1-10?

What areas of your life are you most satisfied?

What do you like least about your current life?

Think about your ideal version of your life. Describe it in detail.

BALANCE

Do you feel you have balance in the following areas of your life?

Self-Care	Y or N	Health	Y or N	Friends	Y or N
Partner	Y or N	Family	Y or N	Social	Y or N
Spiritual	Y or N	Career	Y or N	Growth	Y or N

What areas of your life are a priority to you? Why?



PERSONAL CARE

Do you wake up excited to start the day?

Is there a smile on your face? Y or N

Do you sleep well? Why or why not?

Do you have a morning and evening routine?



How often do you practice self-care?

How do you pamper yourself?

Do you take yourself on dates?

HEALTH

Are you eating well? Y or N

Are you exercising regularly? How often? Y or N If yes, _____ per week

What challenges do you face concerning your health?

What changes would you like to make in your physical health?

Do you experience stress and anxiety? If so, why?



RELATIONSHIPS

How many good friends do you have? List them.

How often do you engage socially?

What kinds of social events do you enjoy?

Do you have passions, interests, or hobbies? Describe them.

Relationships

Do you have a special person in your life? Y or N

Describe him or her.



How does this relationship enhance your life?

What values do you share?



PURPOSE

Do you feel you have a strong purpose in life? Y or N
What is it?

What do you feel is your contribution to society or your community?

Describe what you are most passionate about.

CAREER

What do you love about your career?

What do you dislike about your career?

Do you feel you are growing or being challenged to learn new things? Y or N

What are some things you would like to learn?



RESULTS

Am I living my life to my fullest potential? Y or N
Why or why not?

What areas could I use some support?

What holds me back from reaching for my dreams?

Fear Stress Anxiety Finances Knowledge Responsibilities Other

What are three changes I could make in my life?

- 1)
- 2)
- 3)

HOW WE CAN HELP

Join our community. Sign up for our monthly newsletter, join our Facebook group, or follow us on Instagram. We offer tips, solutions, and motivation wherever possible. Engage with us to stay on track.

Enroll in one of our classes or for life coaching. Our classes connect you with other people who are also designing a life they love. You will find accountability and support for your journey through personalized life coaching.

Purchase products from our website. CLEDO Designs offers thought-provoking journals and other stationary products to help you discover what you want or need for a beautiful life.



It's time to celebrate YOU!

Completing the Life Evaluation Workbook is only the first step to designing your life, your way! Keep moving forward by implementing positive changes to your life until you have reached your dreams. YOU are worth it!



Transformation