



“CHECK-IN” with Life Inventory

Respond to the prompts with your first reaction. Click the dropdown box and choose the number that fits best.

1 = least satisfied to 5 = most satisfied, at this time.

Relationship with yourself:

Relationship with significant other/spouse:

Relationship with step/children:

Relationship with your siblings:

Personal/Spiritual relationship with God:

Physical Health and Fitness:

Emotional/Mental Health:

Extended Family relationships:

Social/Friendship connections:

Volunteer/Community connections:

Hobbies/Interests:

Career/Work:

Personal growth:

Church/Religious Life:

Self- Awareness:

Self-Care:

Self-Acceptance:

Sleep/Rest:

Leisure/Fun:

Mental Focus/Concentration:

Distractedness:

Task Completion:

Emotional Stability:

Overall Life Satisfaction:

Other Information to share:

Name:

Date: