Done and Free

HOW TO EVALUATE YOURSELF WORKBOOK

www.doneandfree.com

Welcome and thank you for
downloading this free workbook
on how to evaluate yourself!

INSTRUCTIONS

Go into the first aspect of life and answer the statement with a number from 1 to 5.
1 being “Not true at all” and 5 being “Totally true”.
If a question does not apply to your situation, for example in the family area, if you don’t have kids, skip that question altogether.

Once you answer all the questions in one area, add all the numbers, and divide them by the number of questions, you will have the average number for that area.
Repeat the process for each area.

At the end of the guide, you can type all of them together, so you have a summary.

Finally, read the ‘NEXT STEPS’ section and continue the process to get the life you want ☺

HEALTH

		No.
01	I EAT AT LEAST 70% OF HEALTHY FOOD IN MY DIET	-
02	I DON'T SMOKE	-
03	I DON'T DRINK A LOT OF ALCOHOL	-
04	I DRINK PLENTY OF WATER EVERY DAY	-
05	I EXERCISE AT LEAST 3 TIMES A WEEK	-
06	I FEEL GOOD ABOUT MY BODY	-
07	I DON'T HAVE ANY CHRONIC DISEASES	-
08	OVERALL, I HAVE GOOD HEALTH	-

RESULT

FAMILY

		No.
01	I HAVE A GOOD RELATIONSHIP WITH MY PARENTS	-
02	I HAVE A GOOD RELATIONSHIP WITH MY SIBLINGS	-
03	MY RELATIONSHIP WITH MY PARTNER IS GREAT	-
04	MY RELATIONSHIP WITH MY CHILDREN IS GREAT	-
05	I CAN COUNT ON MY FAMILY IF I HAVE ANY PROBLEMS	-
06	I SPEND QUALITY TIME WITH MY FAMILY	-
07	MY FAMILY HAS A GOOD INFLUENCE ON MY LIFE	-
08	OVERALL, I HAVE A GOOD RELATIONSHIP WITH MY FAMILY	-

RESULT

SOCIAL

		No.
01	I HAVE POSITIVE FRIENDS WHO ARE THERE FOR ME	-
02	I DON'T SPEND MUCH TIME WITH NEGATIVE PEOPLE	-
03	I SPEND QUALITY TIME WITH MY FRIENDS	-
04	I HAVE A GOOD RELATIONSHIP WITH MY COWORKERS	-
05	MY FRIENDS HAVE A POSITIVE INFLUENCE ON MY LIFE	-
06	I LIKE MEETING NEW PEOPLE AND MAKING NEW FRIENDS	-
07	OVERALL, I AM HAPPY WITH MY SOCIAL CIRCLE	-
	RESULT	

CAREER

		No.
01	I FEEL HAPPY WITH MY CURRENT WORK SITUATION	-
02	I DON'T USUALLY FEEL STRESSED OUT BY MY JOB	-
03	I FEEL ACCOMPLISHED AT MY CURRENT JOB	-
04	I FEEL VALUED AT MY CURRENT JOB	-
05	I HAVE THE POSSIBILITIES TO KEEP GROWING AT MY JOB	-
06	I FEEL EXCITED ABOUT STARTING A SIDE BUSINESS	-
07	OVERALL, I FEEL GOOD ABOUT MY CURRENT JOB	-
	RESULT	

FINANCES

		No.
01	I FEEL SATISFIED WITH MY CURRENT INCOME	-
02	I FEEL GOOD ABOUT MY CURRENT SAVINGS	-
03	I AM SAVING MONEY FOR MY RETIREMENT	-
04	I AM INVESTING A PART OF MY MONEY	-
05	I DON'T USUALLY WORRY ABOUT MONEY	-
06	I CAN SPEND MONEY ON THE THINGS I LOVE	-
07	I FEEL GOOD ABOUT SHARING EXPENSES WITH MY PARTNER	-
08	OVERALL, I FEEL POSITIVE ABOUT MY FINANCES	-

RESULT

LEISURE

		No.
01	I HAVE ENOUGH TIME FOR LEISURE	-
02	I HAVE AT LEAST ONE HOBBY I ENJOY DOING	-
03	I CAN SPEND MY FREE TIME WITH THE PEOPLE I LOVE	-
04	I GO ON HOLIDAY AT LEAST TWICE A YEAR	-
05	I DON'T FEEL GUILTY ABOUT HAVING FREE TIME	-
06	I HAVE ENOUGH TIME TO RELAX EVERY DAY	-
07	OVERALL, I FEEL GOOD ABOUT MY LEISURE TIME	-

RESULT

SPIRITUAL

		No.
01	I BELIEVE IN A HIGHER POWER	-
02	I HAVE A GOOD RELATIONSHIP WITH GOD	-
03	I OFTEN PRAY OR HAVE A SPIRITUAL PRACTICE	-
04	I FEEL SUPPORTED BY A HIGHER POWER	-
05	I HELP OTHERS ANY TIME I CAN	-
06	OVERALL, I FEEL GOOD ABOUT MY SPIRITUALITY	-

RESULT

EMOTIONAL

		No.
01	I TAKE CARE OF MY MENTAL HEALTH	-
02	I CAN DEAL WITH MY EMOTIONS IN A HEALTHY WAY	-
03	I DON'T USUALLY EXPERIENCE ANXIETY	-
04	I HAVE PEOPLE I CAN COUNT ON WHEN HAVING A HARD TIME	-
05	I DO SOME TYPE OF THERAPY TO HELP ME DEAL WITH ADVERSITIES	-
06	I AM CONFIDENT IN MY ABILITY TO OVERCOME DIFFICULTIES	-
07	OVERALL, I FEEL POSITIVE ABOUT MY EMOTIONAL STATE	-

RESULT

SUMMARY

	Result
HEALTH	☐
FAMILY	☐
SOCIAL	☐
CAREER	☐
FINANCES	☐
LEISURE	☐
SPIRITUAL	☐
EMOTIONAL	☐

NOTES

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Congrats on finishing the workbook! 

This process will help you have an overall view of your current situation in all your life areas.

NEXT STEPS
Now it's your time to reflect on your results.

If you like what you see in an area,
keep up the good work
and reward yourself for it!

If you don't like the result
of any area of your life,
it's time for a change,
and I can help you with that!

I encourage you to read the life vision section
and the goals section of my blog
to get some inspiration on
how to set and achieve your vision and goals.

Follow us on insta for more useful tips!
