



# Motherhood Transitions

Awaken & Empower the Woman Within!

303.642.3105

INDIVIDUAL COACHING, GROUP COACHING, WORKSHOPS

LOCAL, NATIONAL, INTERNATIONAL

## Personal Well-Being Self Assessment

Completing this self-assessment is like taking a quick snapshot of your life as it is right now. The awareness that is revealed allows for immediate refocus, new choices, and desired change to occur.

### **DIRECTIONS**

Rate your personal well-being in all areas of your life. Rate each area 1-5, 1 being “not even close to what I’d like it to be” and 5 being “exactly as I like it”. Do your best to stay away from ‘shoulds’ but instead be honest with yourself about your own desires and expectations of yourself. Feel free to define each statement in any way you’d like in order to help you think more specifically and make the questions relate to you personally.

### **EMOTIONAL HEALTH**

- I feel I have a healthy work-family-life balance with quality time for all
- I am generally happy and emotionally stable
- I have a good sense of who I am and how I fit in this world
- I express myself responsibly and ask for what I need in a way that is well received
- I am aware of and utilize my inner dialogue and internal state of being to readjust as needed

### **PERSONAL LIFE**

- I participate in things that appeal to me outside of career and home
- I take personal time as needed (vacation, time off, self care, etc.)
- I have appropriate outlets that challenge my intellect as desired
- I find ways to participate in things that are important to me
- I have the social outlets I desire
- I am involved in my community at my desired level

### **HOME LIFE**

- I have the home life I desire
- I enjoy being in my physical space at home
- I like the geographical location of my home
- My neighborhood and neighbors meet my desires
- I am able to keep up with the house hold duties

### **PHYSICAL HEALTH**

- I am generally healthy
- I take care of myself through good nutrition, exercise, and regular doctor visits
- My level of physical fitness is where I would like it to be
- I generally get enough sleep and feel rested and vital on a daily basis

(OVER)



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## **SPIRITUALITY**

- I have a good sense of my spirituality
- I am practicing my chosen spirituality as desired
- I know my top three personal values and am living a life aligned with them
- I know and am living my life purpose in all aspects of my life

## **RELATIONSHIPS**

- I have the kind of relationship I desire with my spouse or partner
- I have the kind of relationship I desire with my child(ren)
- Our family dynamics are in balance on a regular basis
- I have generally positive relations with my extended family
- I generally get along with others at work and in my community

## **PARENTING**

- I feel I am doing a good job as a parent
- I am confident in my parenting and discipline techniques
- My spouse/partner and I parent and communicate well together

## **CHILD CARE/SCHOOL**

- I am happy and confident with my child care (school) situation and care givers
- I trust and have good communications with my child care providers/school personnel
- The child care (school) facilities are safe, clean, orderly, and comfortable
- The child care facilities (school) is conveniently located between work and home

## **CAREER**

- I am in a job that I desire and enjoy that fits my strengths and interests
- I am happy with my employer and align with the corporate culture and values
- My commute is acceptable
- The physical environment at work meets my personal desires
- I have clear and maintainable boundaries between work and home

## **FINANCIAL**

- I'm where I want to be financially at this stage in my life
- I have a desirable amount of savings and contribute to it regularly
- I am responsible and have a good relationship with money

After completing the assessment, if you would like support in any area of your life, please contact Gretchen Reid at (303) 642-3105. Gretchen is the founder and lead coach for Motherhood Transitions and has a keen understanding of the deeply moving thoughts, feelings, and emotions that moms experience throughout all phases of motherhood.

Motherhood Transitions offers life and career coaching for women experiencing the intensity of motherhood as it affects all aspects of life including work, life-style, relationships, personal identity, and one's emotional state of being. The role of motherhood offers opportunities for profound personal growth and transformation. Embrace it!

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