



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

Lifestyle Assessment

Create your ideal life. Use the questions in each section as a guide and add your own ideas too. Assume money is not an issue. ☺ *Now dream!*

1) Self-care

What does your body look like? What kind of nutrition plan do you follow? How much water do you drink every day? What kind of exercise program do you do? How many massages per month? How much energy do you have? How much time do you spend in the fresh air? How much sleep do you get? How do you dress? What are your hobbies?

2) Home Environment

Where would you live geographically? Which part of the country? Do you live in the city, the suburbs or the country? DO you live in a house, and apartment, a condo, a mobile home? What kind of climate? What would the decor look like? What would the yard look like? Do you hire help with the housework or the yard work? What kind of car do you drive? What “toys” do you own (jet ski, 4-wheeler, mountain bike)?

3) Intimate Relationships

Do you choose to be in a committed relationship? Do you want an exclusive relationship or one where you explore other relationships? To what limits? Describe your ideal partner. Does your ideal life include kids? What’s your ideal sex life? Do you choose to cohabitate? Do you choose to be married?



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4) Friends and Family

How many close friends do you have in your ideal life? Do they drop by spontaneously, or call ahead? Do your friends know your other friends? Do you make time to socialize on a regular basis? What do your friends do? Are they educated? Creative? Generous with their time? Or too busy to be regularly available? Ideally, how would your relationship with your primary family be? What would your relationship look like with your individual parents? Your siblings?

5) Career

Is there a job you know you would enjoy? Are you doing it? What would you be doing if success was guaranteed? What would you create, or what service would you provide? What kinds of things have you enjoyed doing in the past? What do you think you would be good at? What kind of people would you work with? Would you work from home? What hours would you work? How much money would you make?

6) Relaxation and fun

What do you do for fun in your ideal lifestyle? Garden? Paint? Fish? When you gather with friends or family, what do you do? Do you travel? How often? Where? What do you do when traveling? How do you best relax?

7) A Cause/Purpose

If the rest of your life was delightfully under control, to whom or what would you contribute? To your family? The environment? The community? What special causes would you champion? Would you be involved in politics? What do you strongly believe in? What do you love? What do you hate? Would you donate money, time or brain power? What legacy would you like to leave behind when you die?

So there's the ideal picture, all painted. Now what? ☺ Pick one area and write a dozen or so very small things you could do to move toward your perfect lifestyle. Do two of those ideas each week and see what happens!