

# Life Assessment Tool

<p><i>Family</i></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Health</b></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Finances</b></p> <p>Thankful:</p> <p>PFC:</p>
<p><b>Job/Vocation</b></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Faith</b></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Hobbies</b></p> <p>Thankful:</p> <p>PFC:</p>
<p><b>Community</b></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Personal Development</b></p> <p>Thankful:</p> <p>PFC:</p>	<p><b>Other</b></p> <p>Thankful:</p> <p>PFC:</p>

- Once you have answered the Thankful and PFC (Problem, Frustration, Concern) section, take a colored pencil and shade the box to indicate your level of satisfaction for that area. A completely filled in box indicates 100% satisfaction and so on.