

## **ASSESSMENT OF PERSONAL DOMAINS**

This is an exercise to assess the domains that you need to examine closely and form affirmations to set goals as to where you need to grow personally. As you become aware of your own personal insights, you will begin to grow professionally as well by helping your client gain awareness into their own issues that are preventing them from leading a healthy and normal life.

**On a scale of 1-10 with 1 being the most negative to 10 to being the most positive.**

1. My spiritual/religious life provides a sense of purpose and helps me address major life challenges.
2. I have a clear vision in my personal, spiritual, and professional life.
3. I feel worthwhile as a human being and have a strong sense of self-acceptance. Although I am not perfect, I feel good about myself.
4. I feel confident about setting and meeting goals and demands in my life.
5. I believe I perceive my life and life situations in a rational manner. I seldom engage in overly negative thinking.
6. I am in touch with my emotions and am able to express the full range of emotions appropriate to the situation; I am also not governed by my emotions.
7. I am a resilient person and able to analyze, synthesize, and make a plan to deal with challenges and projects that come my way.
8. I possess a healthy and appropriate sense of humor that helps me deal with the stresses of life.
9. I have a regular fitness/recreational routine that helps me stay physically and emotionally fit.
10. I regularly eat a balanced diet including healthy vegetables and fruits.
11. I maintain a mindful lifestyle by not abusing alcohol and other drugs, by wearing a seat belt, having regular medical exams, and by not engaging in high risk activities.
12. Through my diet, workout routine, friendships and so forth, I have the ability to manage stress and anxiety.
13. When I find I am unable to manage the stress and anxiety in my life, I check in with close friends and family in case the need arises.
14. I feel my self-identity is strong and well developed.
15. I feel strong connections to my family and culture.
16. I feel a sense of satisfaction in my career.
17. My hobbies help me relax and provide a sense of enjoyment.
18. I have healthy relationships that provide me a sense of emotional connection and make life more rewarding.
19. Intimacy or love is a central part of my life and my relationship with my spouse/partner provides the grounding, intimacy, and close connection I need.

***1. Physical***

***2. Spiritual***

***3. Intellectual***

***4. Social***

***5. Emotional***



