



Actualize

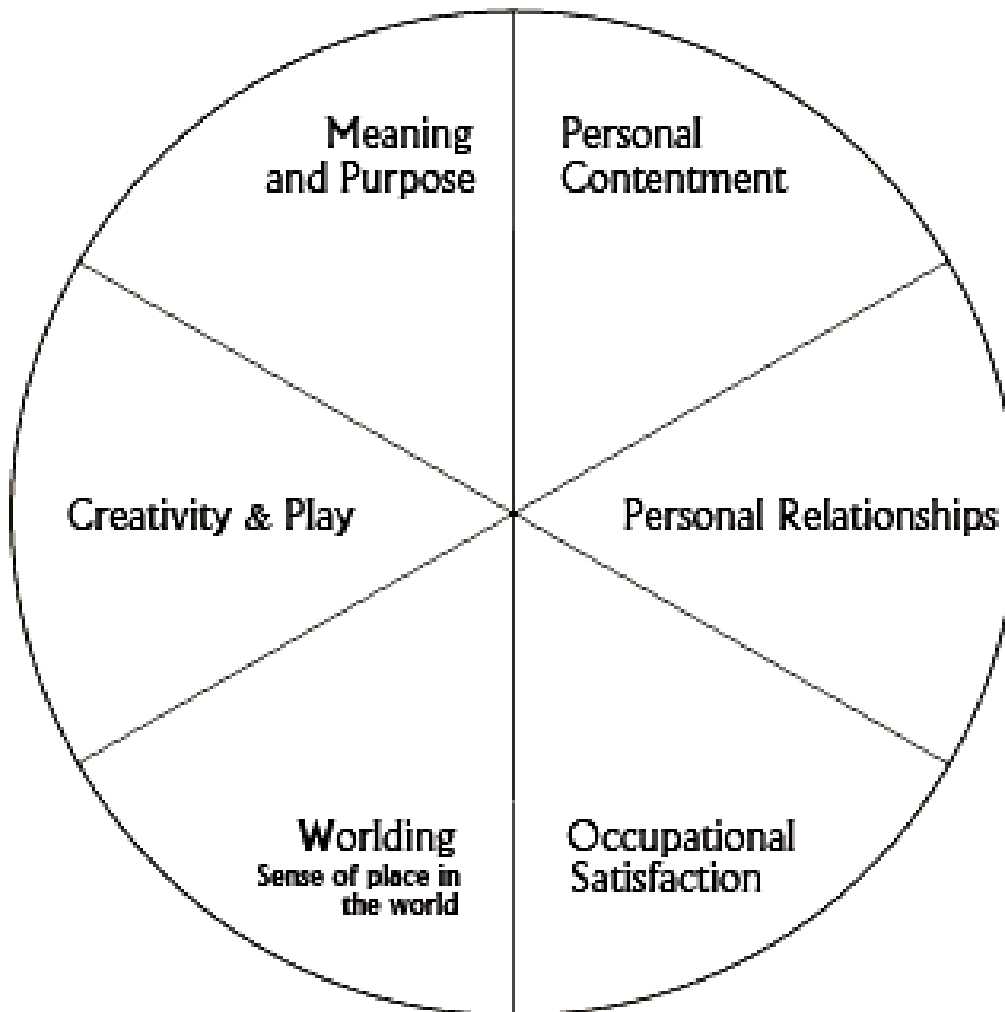
therapeutic and motivational life coaching

*Raise your spirits,
Rejuvenate your mind...*



Situational Analysis

Situational Analysis is designed for you to assess your present life situation and the balance of your life. It is divided into six dimensions, and is used to measure the levels of satisfaction in each area of your life.



Take around 10 minutes to grade each area of your life from 0 - 10 (10 = Very Satisfied).

Dimensions of the Life World

Personal Contentment is about how you feel about yourself. This can include how much you accept yourself for who you are, the parts of your self that you would like to work on, and the elements of who you are that you value highly.

Personal Relationships is about the relationships you have with family, friends, and colleagues, but also - and more generally - about the quality of relationship you *tend* to have with other people.

Occupational Satisfaction is about how you tend to spend your time on a daily basis. This can include work and/or education, time spent with friends and loved ones, leisure pursuits, hobbies and interests. It is about how your life is structured and can be a source of life being out of balance.

Worlding is about how you see yourself in the world a world that might be a laidback playground or somewhere not so safe. This could include what you think about other people from other cultures, how you relate to the natural environment, and how you see yourself in relation to the wider world.

Creativity and Play is about how much opportunity you have for spontaneity and the freedom to be creative. This can also include whether it's easy for you to be playful or if playfulness is a challenge.

Meaning and Purpose is about your personal values and beliefs, how you make sense of the universe and your place in it, and your sense of purpose or 'the good life'.

Life Area Score	Where am I now?	Where do I want to be?
<u>Personal Contentment</u> Score: () of 10		
<u>Personal Relationships</u> Score: () of 10		
<u>Occupational Satisfaction</u> Score: () of 10		
<u>Worlding</u> Score: () of 10		
<u>Creativity and Play</u> Score: () of 10		
<u>Meaning & Purpose</u> Score: () of 10		