

Evaluating Life's 7Fs

The purpose of this evaluation form is to give you an, "at a glance" snapshot of your life. This serves as a great conversation starter between spouses, family members, friends, and those advising individuals and couples on relationship topics.

Please rate each of the below from 1-10 (1 being the lowest and 10 being the highest, 5 is considered "normal")

Name: _____ (Please Print)

Date: _____

Rating Scale: (Low) 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 (High)

1. **Faith:** _____

2. **Family:** _____ (overall rating of your family life)

a. Spouse: _____

b. Children: _____

Child #1: _____

Child #2: _____

Child #3: _____

Child #4: _____

Child #5: _____

Child #6: _____

c. Parents: _____

d. In-Laws: _____

3. **Finance:** _____

4. **Firm:** _____

5. **Fitness:** _____

6. **Friends:** _____

7. **Fun:** _____

The below descriptions may help you if you have any questions about the above topics:

- Faith: Extent that faith is a central part of your life
- Family: Evaluate the health of your key family relationships
- Finance: Effectively manage your income and expenses
- Firm: Level of satisfaction in your career or primary role in the family
- Fitness: Development of your physical health
- Friends: Build close relationships outside of the family
- Fun: Evaluate the level of fun experienced in your daily activities