



# LIFE ASSESSMENT

Victory Starts Here!

## LIFE ASSESSMENT

*I came so that they may have life, and that they may have life more abundantly (John 10:10).*

This Life Assessment is a tool that will help you evaluate key areas of your life so you can find “gaps” between where you are today and the abundant life God is calling you to. One of our goals at City Gate is to help you experience incredible breakthroughs in life that will bring you greater satisfaction, abundant joy, and victorious living.

There are many things vying for our time: relational issues, career stress, financial worries, fear, time management, and personal defeats and if we’re not careful we drift off course only to find ourselves in a place we never expected to be, asking questions like:

- How did I get here?
- What decisions did I make that put me here?
- What happened in my life?
- Where is God in this situation?
- How do I find a way out?

The good news is we can redeem the time and change the course of our lives. Circumstances change but God’s plan for you doesn’t change. Our hope is, with a few changes, you will be back on course, experiencing major breakthroughs and having a sense of satisfaction and purpose in all God’s created you to do.

Live Victoriously!



Marc Kitsko - Founder and CEO

City Gate Ministries

## LIFE SATISFACTION ASSESSMENT

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*His master replied, "Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!" ~Matt 25:21 (NIV)*

Please rate your current level of satisfaction with each of the following areas of your life. Circle 1 to 10, **1 meaning "I'm not very satisfied in this area of my life"** and **10 meaning "I'm very satisfied in this area of my life."** Skip any that do not apply. Your level of satisfaction may vary from day to day but give an honest assessment of how confident you feel at this moment that you are living out God's call upon your life in these key areas.

Personal Spiritual Life	1---2---3---4---5---6---7---8---9---10
Church/Religious Life	1---2---3---4---5---6---7---8---9---10
Physical Health	1---2---3---4---5---6---7---8---9---10
Mental/Emotional Health	1---2---3---4---5---6---7---8---9---10
Marriage/Romantic Relationship	1---2---3---4---5---6---7---8---9---10
Home Life (Family Cohesion)	1---2---3---4---5---6---7---8---9---10
Personal Order (Organization, Efficiency, Simplicity)	1---2---3---4---5---6---7---8---9---10
Extended Family/In-Laws)	1---2---3---4---5---6---7---8---9---10
Friends/Social Life	1---2---3---4---5---6---7---8---9---10
Recreation/Relaxation	1---2---3---4---5---6---7---8---9---10
Financial Stability	1---2---3---4---5---6---7---8---9---10
Physical Environment (Home/Office/Car/Neighborhood)	1---2---3---4---5---6---7---8---9---10
Career/Employment	1---2---3---4---5---6---7---8---9---10
Relationship With Child: (List Each Separately)	1---2---3---4---5---6---7---8---9---10

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Choose ONE area of your life from the above page that you want to focus on that has been a hindrance to you in your personal and spiritual growth. Write it down below and write the number you gave it then circle that number.

Identify 3 to 5 reasons why you think you rated this area of your life at that level:

Identify 3 to 5 characteristics that would constitute a rating of 10 in this area. In other words, if you rated yourself with a 6 then in your mind what would a 10 look like in that area?

List 3 to 5 action steps you could take to close the gap between your rating and where you believe you should be:

Out of the 3 to 5 action steps, which are you willing to commit to doing? By when?

Once you complete these action steps what do you perceive the end result will be?

Who do you need to share this with that will be a source of confidence and encouragement to you?

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