My Life Right Now: Worksheet

Name: ____________________________________________

Date: ______________________________

Instructions: Write down your current strengths and challenges in each life area.

School/Work:
Registration/Class schedule:
Major?
Academic skills - Reading, writing, and math skills:
Learning style:
Study habits, note taking, organization:
Test taking:
Computer skills:
Research/library skills:
Grades/GPA:
Communication with professors:
Connection with student services:
Other (School):
Punctuality:
Work speed:
Teamwork:
Attention to detail:
Accept feedback:
Work schedule:
Other (Work):

Daily Living
Living arrangements:
Roommate(s):
Food (shopping, preparation, eating):
Housekeeping:
Restful environment?
Wake up in time?
Clothing/laundry:
Finances/Money Management:
Transportation:
Parking:
Other:

Community/Recreation:
Community engagement/service:
Advocate for others?
Other (Community):
Hobbies:
Social activities:
Campus activities:
Athletic activities:
Unwind time:
Other (Recreation):
Health:
Current health status:
Medical conditions:
Healthy diet:
Adequate sleep:
Mental health:
Stress management:
Level of fitness:
Medication management:
Health management:
Health insurance:
Other:

Relationships:
Social skills
Conflict resolution:
Problem solving:
Communication skills:
Family:
Friends:
Significant other:
Roommate(s):
Support system:
Mentor:
College faculty and administrators:
Lonely?
Other:

Spirituality/Purpose:
Comfortable with who you are?
Spirituality:
Religion:
Life purpose:
Vision for the future?
Motivation level: