

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:

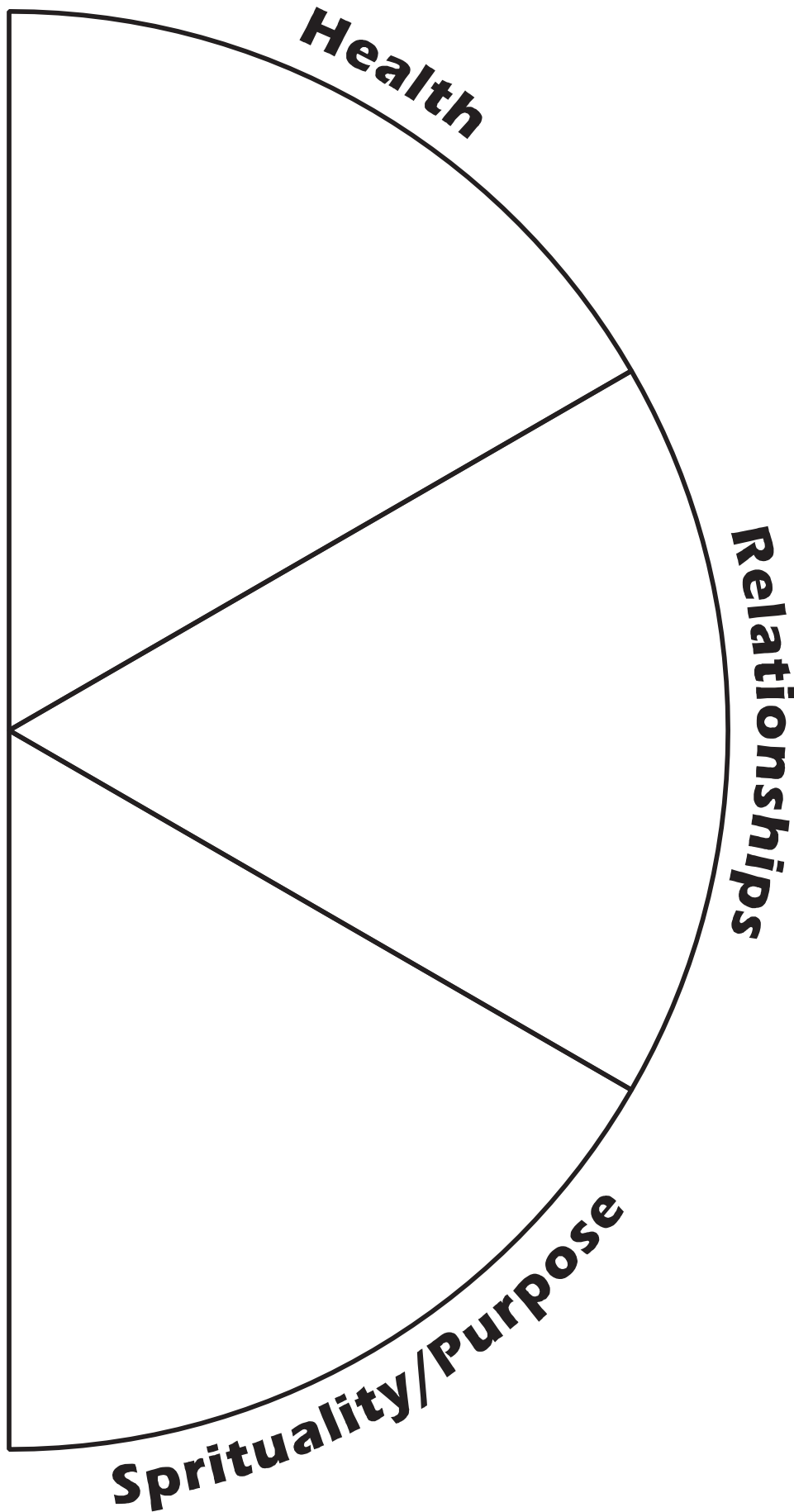
Unwind time:

Other (Recreation):

Daily Living

School/Work

Community/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: