

Life's Crossroads Assessment

Recognise where life is calling for your attention.

Review each question and tick what is most relevant to you (multiple answers permitted).

Where are you at a crossroads?

- ☐ Career
- ☐ Relationships / Family
- ☐ Opportunity
- ☐ Success / Money
- ☐ Self
- ☐ Religion / Spirituality
- ☐ Obligations
- ☐ Ageing / Stage of Life
- ☐ Direction
- ☐ Significance

Other: _____

What are you experiencing or noticing?

- ☐ Confusion
- ☐ Resentment
- ☐ Overwhelm
- ☐ Sense of Emptiness
- ☐ Self-Questioning
- ☐ Resistance
- ☐ Oscillation
- ☐ Anxiety
- ☐ Doubt / Fear
- ☐ Standing Still/Stagnation

Other: _____

How is it being felt?

- ☐ Confined
- ☐ Restless
- ☐ On hold
- ☐ Spiritual void
- ☐ Spent/Tired
- ☐ Running in circles
- ☐ Out of time
- ☐ Absent/Lack
- ☐ Disorientated/Lost
- ☐ Stuck/Stationary

Other: _____

How is it affecting your behaviour?

- ☐ Controlling others/situations
- ☐ Reactive / Unthinking
- ☐ Overthinking / Procrastinating
- ☐ Seeking approval / People pleasing
- ☐ Sleep deprivation / sleeping too much
- ☐ Reduced motivation/drive
- ☐ Anger / Passive aggressiveness
- ☐ Overworking / Burnout
- ☐ Disconnecting/Withdrawing from people
- ☐ Still waiting for things/others to change

Other: _____