

TODD DUNCAN'S  
HIGH TRUST  
COACHING™

## The Life Mastery Top 20 Assessment

The following is measured on a scale of 1-5, with 5 indicating that this area of your life is working at a maximum achievement.

1. How is your life working? \_\_\_\_\_(1-5)
2. How are you doing spiritually? \_\_\_\_\_(1-5)
3. How are you doing as a Wife? Husband? \_\_\_\_\_(1-5)
4. How are you doing as a Father? Mother? \_\_\_\_\_(1-5)
5. How are you doing as a Son? Daughter? \_\_\_\_\_(1-5)
6. How are you doing overall as a family unit? \_\_\_\_\_(1-5)
7. How are you doing with your physical body? \_\_\_\_\_(1-5)
8. How are you doing with your diet? \_\_\_\_\_(1-5)
9. How are you doing with your presented image? \_\_\_\_\_(1-5)
10. How are you doing in your profession? \_\_\_\_\_(1-5)
11. How are you doing with your "daily rhythm"? \_\_\_\_\_(1-5)
12. How are you doing with your income? \_\_\_\_\_(1-5)
13. How are you doing planning for retirement? \_\_\_\_\_(1-5)
14. How are you doing with recreation? \_\_\_\_\_(1-5)
15. How are you doing with your passions and gifts? \_\_\_\_\_(1-5)
16. How are you doing with "sacred rituals"? \_\_\_\_\_(1-5)
17. How is your friendship circle? \_\_\_\_\_(1-5)
18. How is your pace of gaining knowledge? \_\_\_\_\_(1-5)
19. How are you doing taking care of you? \_\_\_\_\_(1-5)
20. How are you doing with personal and professional accountability? \_\_\_\_\_(1-5)