



Kairos Pathways

Helping you through life's defining moments.

Life Design Assessment (Progress Report)

Section 1: Assessment Information

Coach:

Date:

(YYYY-MM-DD)

Session:

On a scale of 1–10, how would you rate the following areas right now?

(1 = Struggling, 10 = Thriving)

Emotional Wellbeing		
Category	Notes	Rating
Stress Management		/10
Emotional Stability		/10
Self-Esteem		/10
Support System		/10
Life Satisfaction		/10
Sense of Purpose		/10
Physical Wellbeing		
Category	Notes	Rating
Sleep Quality		/10
Physical Fitness		/10
Nutrition and Energy		/10
Pain Management		/10
Substance Use		/10
Immune Health		/10
Spiritual Wellbeing		
Category	Notes	Rating
Alignment with Values		/10
Spiritual Connections		/10
Mindfulness		/10
Forgiveness & Release		/10
Sense of Belonging		/10



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Section 2: Life Design Assessment Reflections

Which area feels **strongest** right now?

Which area feels most **in need of support or growth**?

One small step I'd like to take before the next check-in:

Additional Notes:



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Emotional Wellbeing

Stress Management	Ability to cope with daily stress effectively and bounce back from it
Emotional Stability	Feeling emotionally steady and in control of my emotions
Self-Esteem	Feeling confident and having a positive self-image
Support System	Strength and availability of emotional support from others
Life Satisfaction	Overall contentment with personal life
Sense of Purpose	Feeling your life has meaning and direction

Physical Wellbeing

Sleep Quality	Feeling rested and refreshed after sleep
Physical Fitness	Strength, flexibility, and stamina
Nutrition and Energy	Eating a balanced diet and having enough energy for daily tasks
Pain Management	Freedom from or ability to manage physical pain
Substance Use	Healthy control over or abstinence from harmful substances
Immune Health	Frequency of illness and how well your body fights off infections

Spiritual Wellbeing

Alignment /w Values	Living in accordance with your core beliefs
Spiritual Connections	Sense of relationship with a higher power and engaged in spiritual disciplines
Mindfulness	Ability to stay present and appreciate the moment.
Forgiveness & Release	Ability to let go of grudges, resentment, or guilt
Sense of Belonging	Feeling connected to something bigger or a deeper existential harmony