

4 Pillar Self-Assessment

This is not a test. It is a snapshot.
Answer quickly. Do not overthink.
Score each statement from 1 (Strongly Disagree) to 10 (Strongly Agree).

	Pillar 1 – Health & Energy	Score
1	I wake up most days feeling reasonably refreshed.	
2	My energy is stable throughout the week.	
3	I prioritise sleep, movement and recovery consistently.	
4	I feel physically capable for the next decade of my life.	
5	Stress feels manageable rather than constant.	
6	My habits support the life I want to live.	
	Total Score (out of 60): _____	

	Pillar 2 – Relationships & Connection	Score
7	I feel genuinely known by at least one person.	
8	I have meaningful conversations regularly.	
9	There are no major unresolved tensions I am avoiding.	
10	I feel connected rather than isolated.	
11	My relationships feel intentional, not accidental.	
12	I am investing in the people who matter most.	
	Total Score (out of 60): _____	

	Pillar 3 – Finances & Future Planning	Score
13	I have a clear picture of my current financial position.	
14	I know what 'enough' means for me.	
15	I have a buffer for unexpected events.	
16	My pension and investments are reviewed and understood.	
17	Money conversations at home feel open and aligned.	
18	I feel calm rather than anxious about my financial future.	
	Total Score (out of 60): _____	

	Pillar 4 – Purpose & Identity	Score
19	I feel clear about who I am becoming.	
20	My daily life reflects what matters most to me.	
21	I am not defined purely by past roles or achievements.	

22	I feel a sense of forward movement.	
23	I am excited about at least one future project or idea.	
24	I feel aligned rather than drifting.	
Total Score (out of 60): _____		

Scoring Guide

48–60: Strong Foundation – Maintain and refine.

36–47: Solid but Uneven – Some leakage present.

24–35: Needs Attention – Worth focused effort.

Below 24: Immediate Focus Area – Likely draining energy.

Final Reflection

1. Which pillar scored lowest?
2. Which pillar surprised you most?
3. If you could improve just one pillar over the next 90 days, which would it be?
4. What would improve in your life if that pillar strengthened?
5. If nothing changes in the next 3 years, how would you feel?