

WISE WOMEN SEEKING MORE

**Igniting Your Passion and Purpose
for the Second Half of Life**

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FIRST EDITION



Ch 2: Life Assessment Activity

The goal of this assessment is to help you identify what areas of your life are important to you and what areas you want to change now. If an area doesn't seem relevant to you, just skip it. Each area has a brief description for you to reflect on. Don't stress over any of the details; rather, just give an overall impression of how you would rate each area during the last few months. You'll ask yourself two questions for each area. First, how satisfied are you overall with this area of your life? Second, how important is this area to you?

1) Physical Well-being

Your physical well-being often reflects your lifestyle choices and self-care practices. It involves feeling healthy and having the energy and ability to do activities important to you. Aspects of life associated with physical well-being include proper nutrition, regular exercise, adequate sleep, managing stress levels, healthy body composition, and being free from illness or injury.

Ask yourself:

- *How would I rate my overall energy level throughout the day?*
- *Do I wake up feeling rested?*
- *Do I make time on a regular basis to be physically active?*
- *Do I have healthy eating habits?*
- *Am I happy with my body composition?*
- *Do I manage my stress well?*
- *Do I struggle with chronic aches and pains or health conditions?*

If you're like us, your physical well-being fluctuates depending on what's going on in your life and whether you're making it a priority. Of course, we also recognize that there are times when injuries and illnesses are beyond our control.

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Reflect over the past few months and answer the two questions below:

How satisfied am I with my overall physical well-being?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

In general, how important is my physical well-being to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

2) Mental Well-Being

Your mental well-being pertains to how you think, feel, and behave. It's more than your ability to focus, understand, and process information. It also extends beyond being able to reason, make wise decisions, and be productive. Mental well-being is about thriving in various areas of your life despite the inevitable problems, challenges, and adversities.

Ask yourself:

- *Do I have a positive and an optimistic mindset?*
- *Do I believe my life has meaning?*
- *Do I feel positive about myself?*
- *Do I believe I have control over my life?*
- *Do I feel mentally sharp?*
- *Can I effectively manage life stressors?*

How you answered these questions has a lot to say about your state of well-being. Mental well-being is also on a continuum and tends to fluctuate

depending on life circumstances. The key is building your resilience, your ability to bounce back after the hurdles of life.

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my mental well-being?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my mental well-being to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

3) Emotional Well-Being

Mental and emotional well-being are intertwined and affect each other. Simply said, emotional well-being is being able to recognize and understand your emotions and then being able to positively manage and regulate your emotions, impulses, and reactions in a constructive manner to relieve stress. Your emotional well-being also involves being aware of and able to understand the emotions and perspectives of other people, being able to communicate effectively, and being able to work toward resolving conflict.

Here are some questions that are related to emotional well-being:

- *Do I tend to be optimistic?*
- *Do I allow myself to really feel my emotions?*
- *Am I able to express my emotions openly and honestly in a healthy way?*

- *Am I able to acknowledge and feel my emotions without judgement?*
- *Am I able to ask another person to stop an unwanted behavior before exploding or walking away?*
- *Am I able to find constructive ways to cope with uncomfortable emotions such as jealousy, anger, frustration, sadness?*
- *Do I allow myself to cry?*
- *Do I take time to recognize and understand how my emotions affect others?*
- *Do I take the time to recognize the emotional states and perspectives of other people?*

How you answered these questions is an indication of your emotional well-being.

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my emotional well-being?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my emotional well-being to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

4) Significant Other/Partner

This area is relevant to you if you have a person in your life you're intimately involved with by marriage, domestic partnership, or strong commitment.

Characteristics of a positive relationship include a mutual love, affection, intimacy, respect, trust, support, understanding, and contributing to the well-being and fulfillment of each other. If you don't have a significant other or partner relationship, reflect on whether you want to develop one and how important this is to you.

For those of you with a significant other/partner, here are some questions that may help to assess the quality of the relationship:

- *Am I able to express my thoughts and feelings openly and work together to resolve conflicts?*
- *Do we have fun together?*
- *Do I feel secure and confident with my partner?*
- *Do we treat each other with kindness, consideration, and appreciation?*
- *Do I offer—and receive—support and understanding during both joyful and challenging times?*
- *Do I contribute both to decision-making and responsibilities?*
- *Do we spend quality time together?*

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my significant other/partner relationship?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my significant other/partner relationship to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

5) Family

Family generally refers to people who are related by blood, marriage, adoption, or choice who share emotional bonds, responsibilities, and mutual love and support.

Questions to help determine your satisfaction level include:

- *Do I have a loving, positive connection with my family?*
- *Can I share my thoughts and feelings openly?*
- *Do I feel supported during challenging times?*
- *Do I feel like I belong?*
- *Do I spend enough time with family?*
- *Do I feel my personal boundaries are being honored?*

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my family?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my family to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

6) Friends

Healthy friendships involve the feeling of being valued, supported, understood, and cherished.

To help you assess satisfaction with your friendships, here are some questions:

- *Do we have fun together?*
- *Are my friends and I loyal and reliable?*
- *Are we able to confide in each other?*
- *Can I trust my friends with sensitive information?*
- *Are my friends and I able to hold space for each other during difficult times?*
- *Are we supportive of each other's personal growth?*
- *Are we accepting of each other's flaws and imperfections?*
- *Do I have a close circle of friends I care about and can socialize with?*
- *Do I give more to a friendship than I get back?*
- *Do I spend enough time with friends?*
- *Do I need to make more friends?*
- *Are there relationships I might need to limit or end if they are no longer healthy for me?*

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my friendships?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important are my friendships to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

7) **Work/Career**

If you currently do not work, reflect on whether you want to work and how important it is to you. Factors determining whether you are satisfied with your current work or career may be related to whether you work for yourself, a partner, or someone else. People generally have higher job satisfaction if they are appreciated, feel their salary is fair for the type of work they do, have good relationships with colleagues and supervisors, feel motivated and happy, have job security, and have good work-life balance.

To help determine your work satisfaction, ask yourself, how happy are you at work or with your career:

- *Do I feel that I am growing professionally?*
- *Do I feel like my talents are being used in my position?*
- *Is my work fulfilling and rewarding?*
- *Do I feel I have adequate opportunity for promotion?*
- *Does my job cause too much stress?*
- *Do I feel my work is meaningful and valued?*
- *Do I feel appreciated and respected at work?*
- *How do I generally feel at the end of a work week?*

Reflect over the past few months and answer the two questions on the next page.

How satisfied am I overall with my work/career?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my work/career to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

8) Finances

Financial well-being tends to affect other aspects of life. It has a lot to do with being able to meet current and future financial obligations and being able to make choices that allow you to enjoy life and feel secure.

The following questions will help you determine your satisfaction with your finances:

- *Do I manage my finances well?*
- *Do I have enough money to pay my bills?*
- *How secure is my income stream?*
- *Do I have enough money to enjoy the lifestyle I want?*
- *If anything happens and I can't work, do I have sufficient savings?*
- *Am I saving enough money for future needs?*
- *Am I learning skills to make more money?*
- *When do I want to retire?*

Reflect over the past few months and answer the two questions on the next page:

How satisfied am I overall with my finances?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important are my finances to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

9) Leisure Time/Experiences

Regardless of your employment status, it's important to avoid being so busy that you forget to experience the joys of leisure time and adventure.

To help determine your satisfaction with your leisure time/experiences, ask yourself:

- *Do I make time for a special night out?*
- *Do I take special trips to enjoy time away from ordinary life?*
- *Do I have enough time for hobbies, activities, or other non-work goals?*
- *Do I make time to socialize with friends?*
- *Do I have time just for myself?*
- *Would I like to travel more?*
- *Have I made time to spend in nature?*
- *Are there things I want to learn?*
- *Are there books I want to read or movies I want to watch?*

Reflect over the past few months and answer the two questions on the next page.

How satisfied am I overall with my leisure time/experiences?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my leisure time/experience to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

10) Personal Development

Personal development empowers you to achieve your finest potential and leads to a more fulfilling and meaningful life.

Here are some questions that may help you determine your satisfaction in this area:

- *Do I take the time to learn new things?*
- *Do I spend time developing my skills and abilities?*
- *Would I like more time for my own personal and/or spiritual growth?*
- *Do I seek to discover new things about myself and others?*
- *Do I spend time going to retreats, workshops, or attending presentations?*
- *Do I reflect on ways I want to improve the person I am?*
- *Have I worked on my self-care practices?*
- *Have I tried to improve my relationships?*
- *Do I still want more out of life?*
- *What do I need to learn to be more fulfilled?*

Reflect over the past few months and answer the two questions below:

How satisfied am I overall with my personal development?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my personal development to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

11) Living Environment

Your living environment affects your health in a variety of ways. A healthy living environment is safe, comfortable, and attractive.

Here are a few questions to help you assess your satisfaction:

- *Do I have a space for privacy?*
- *Is my living space clean and decluttered?*
- *Am I comfortable bringing friends to my home?*
- *Are there medical facilities nearby?*
- *Have I had robberies in my neighborhood?*
- *Is it safe to walk alone in my community?*
- *Is where I live big enough for the number of people who live there?*
- *Does it get too hot or too cold for my comfort?*
- *Do I live in an area prone to natural disasters (e.g., flood, fire, etc.)?*

Reflect over the past few months and answer the two questions below:

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How satisfied am I overall with my living environment?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my living environment to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

12) Purpose/Contribution

Purpose is about finding meaning, direction, and fulfillment in life. It could be about using your talents and gifts to pursue personal goals or pursuing your passions. Contribution is most often associated with what you do for others—your family, community, and the world.

Here are some questions to help you assess this area:

- *Do I feel like I have a “calling” in life?*
- *Do I invest time in helping others?*
- *Do I feel my life is meaningful?*
- *Do I have a clear focus on my purpose in life?*
- *Are there meaningful things that I do that may help or contribute to someone/something else?*
- *Have I been giving life my best?*

Reflect over the past few months and answer the two questions on the next page:

How satisfied am I overall with my purpose/contribution?

Very Dissatisfied	Dissatisfied	Neutral	Satisfied	Very Satisfied
1	2	3	4	5

How important is my purpose/contribution to me?

Very Unimportant	Unimportant	Neutral	Important	Very Important
1	2	3	4	5

Now that you have completed an assessment of these 12 categories of your life, use your assessment scores to fill in the chart below. What was your satisfaction score for each area? What was your importance score for each area?

CATEGORY	SATISFACTION	IMPORTANCE	RANK
Physical Well-being			
Mental Well-being			
Emotional Well-being			
Significant Other/Partner			
Family			
Friends			
Work/Career			
Finances			
Leisure Time/Experiences			
Personal Development			
Living Environment			
Purpose/Contribution			

Reflect on your scores on the previous page and rank the **top three** areas you want to focus on now with one being the most important. And if you only have two—or if you have more—areas, that’s fine! It’s your life and your choice. We just encourage you to carefully consider how many areas you can focus on at once so that you don’t feel overwhelmed. You can always come back to this activity again whenever you want.

Write down the top areas you want to focus on now.

1. _____
2. _____
3. _____

Reflect on how these areas you want to focus on now align with your core values? Write down any of your thoughts. (Refer to the Core-Value Assessment)

1. _____
2. _____
3. _____

Great job!

Next, it's time to envision the future you.