



Home Life Worksheet

This worksheet will help you to gain some awareness on your situation, and, if you choose to work with us, tell us about how things are going, so that we can help you more efficiently! Your answers will be kept completely confidential. We will not share this information with anyone.

Your name:

Other members of households and their ages:

1. Home: What state is your home in, including, laundry, bedsheets, kitchen, other housecleaning?

Rate ___/5

Reflection:

2. Food: Are you and your family eating healthily, and on a regular basis? How many times a week are you eating healthy meals? Are you eating 3 meals a day?

Rate ___/5

Reflection:



3. Routines: Are you and your family maintaining healthy routines? Are you getting up on time, getting changed out of pj's, exercising, having a normal number of coffees, etc?

Rate ___/5

Reflection:

4. Hygiene: Are you and your family maintaining routines for personal hygiene? Are you showering, brushing teeth, doing your hair, etc?

Rate ___/5

Reflection:

5. Family: How is everyone in the family feeling? Are people getting along? Are the kids behaving and doing their school work? Are you and your partner getting your own work done?

Rate ___/5

Reflection:



6. Partner: Are you able to have alone time with your partner? How is the communication between you and your partner?

Rate ___/5

Reflection:

7. Yourself: How are you feeling personally? Are you generally happy and calm or upset and anxious?

Rate ___/5

Reflection:

Please consider emailing this worksheet to Tomorrow Today Ayr if you would like to receive a consultation! Our email is tomorrowtodayayr@gmail.com.