

LIFE PERSPECTIVE

True satisfaction requires a balance of all the important elements of one's life. These life elements differ among individuals and may include the following:

Self

Family

Friends

Career

Finances

Home Environment

Significant Other/Romance

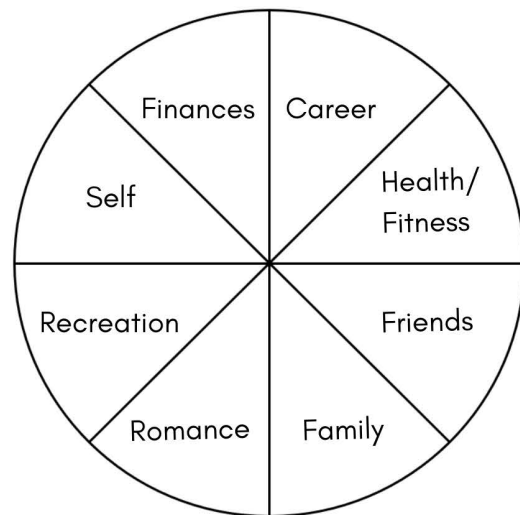
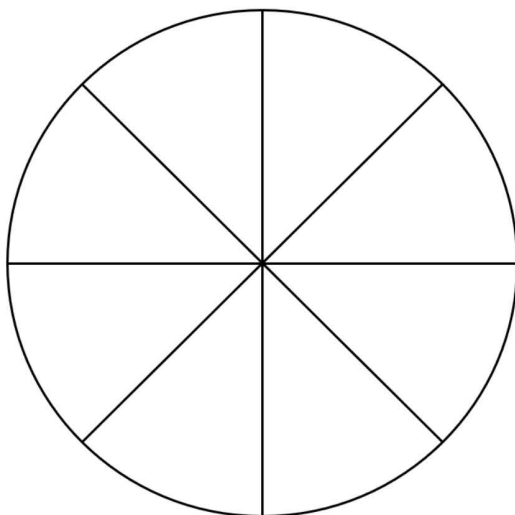
Health/Fitness

Spirituality

Recreation

This exercise requires you to evaluate your overall life satisfaction. Review the ten life elements listed above, or consider others not identified here, and select 8 that best reflect the facets of your life.

1. Label each of the sections in the wheel on the left with one of these selected elements.
2. Consider each section and shade in the degree of your current satisfaction with the corresponding life element. For example, if you are entirely satisfied with your finances, you would completely shade in that section. Alternatively, if you were only moderately happy with your finances, you might shade in about half. (See the sample wheel on the right.)
3. Once you have finished shading all of the eight sections, look at the wheel as a whole and note any imbalances among your satisfaction levels in the eight selected facets of your life.



In what areas are you most/least satisfied?

Most:

Least:

What short-and long-term changes can you implement to effectuate a better overall balance?

Short Term:

Long Term: