

ANALYZE YOUR KEY LIFE AREAS

FILL IN YOUR SATISFICATION LEVEL (1-10) FOR EACH AREA

	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
	1	2	3	4	5	6	7	8	9	10
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	1	2	3	4	5	6	7	8	9	10

PICK TEN AREAS (MOST RELEVANT)

Personal Growth	Giving	Career
Spirituality	Family	Finances
Nutrition	Friends	Education
Fitness	Relationship	Environment
Leisure	Marriage	_____

RATE YOUR OVERALL LIFE SATISFACTION

1	2	3	4	5	6	7	8	9	10
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WHAT AREA(S) DID YOU RATE THE HIGHEST?

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WHAT AREA(S) DID YOU RATE THE LOWEST?

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PICK THREE PRIORITY AREAS TO FOCUS ON FOR THIS YEAR

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LIST THREE WAYS YOU CAN IMPROVE EACH CHOSEN AREA
