

Areas of The Life:

To the left of each category please rate the following on a scale of 1 to 7

- 7 = totally satisfied
- 6 = Satisfied
- 5 = slightly satisfied
- 4 = neutral
- 3 = slightly dissatisfied
- 2 = dissatisfied
- 1 = totally dissatisfied

___Health and Fitness: This means taking stock of your current state of health and fitness. Look at your weight, your level of fitness, your digestion, your sleep. If any of these are suffering or making you suffer then it is time to assess, get guidance and devise a regimen you can stick to.

___Home: How do you feel about your house and home? Do you like where you live? Is there too much clutter? Is it the right size and location in terms of proximity to friends and work?

___Marriage/Partnership: Assess your level of satisfaction with the intimacy and fulfillment in this relationship. Do you feel supported?

___Family: Since we cannot choose our families, these relationships may take more focused work and energy. The key words here are acceptance and flexibility.

___Social Support: Just like with any other area of life, you reap what you sow. Deep lasting friendships with people who support you and whom you support are key.

___Spiritual Development: This has to do with the degree to which you feel that you cultivate and maintain a connection to something greater than self. What resonates with you personally? It's important to realize that spiritual development and religion are not necessarily one and the same. The essence of spiritual development is rising to a higher-state of consciousness and seeking out the truth in your everyday life. By tapping into this energy you'll be able to relieve stress, find peace, and focus better on the important areas of your life.

___ Emotional Control & Development: Even the strongest, most logical people are susceptible to emotional blockades. Emotions have the to amplify the efforts you take towards goals as well as the ability to create bottle-necks in our experience of life. Anger and fear are the primary emotions that hold people back from getting a full experience of life.

___ Stress Levels: Do you feel that there is more stress in your life than you can handle? Is it affecting your relationships, sleep, ability to concentrate or function on a weekly basis? Remember some stress is a motivating force.

___ Daily Habits and Routines: These are practices that can hugely improve your quality of life. These are things like eating habits, morning routine (how you greet the day instead of letting the day take you over), health and exercise routines. Be spontaneous with the ones you love and with your free time. Routines can go a long way towards providing the energy and space.

___ Life Purpose: The big question is what are you living for? Develop a sense of life purpose and make a contribution wherever you can and however much you can. Contribution is about giving the maximum to life. This means being a person that brings value into this world.

___ Recreation & Fun: It is often said that taking time to play and have “fun” is what keeps us feeling youthful and motivated. Assess how much fun and recreation you have in your life and its quality.

___ Mental Exercise & Growth: - It's important that you identify what you're mental development goals are and then do some self-study. Join a book group, go online for a course or just read more. The topics that you'll find most useful for a well-rounded life are psychology, motivation, literature, productivity, career development, problem solving, health, conscious living, and spirituality.

___ Professional - There is a career for everyone out there, and it is possible to make money doing what you love. Basic safety net concepts are : love what you do, save enough money for a rainy day, don't spend all your money in one place, and live below your means.

___ Financial: Nothing can stress us out like our perception of our financial well-being. Assess your feelings about this area of life as to how you *feel* about it, not what you think may be reasonable or even rational.