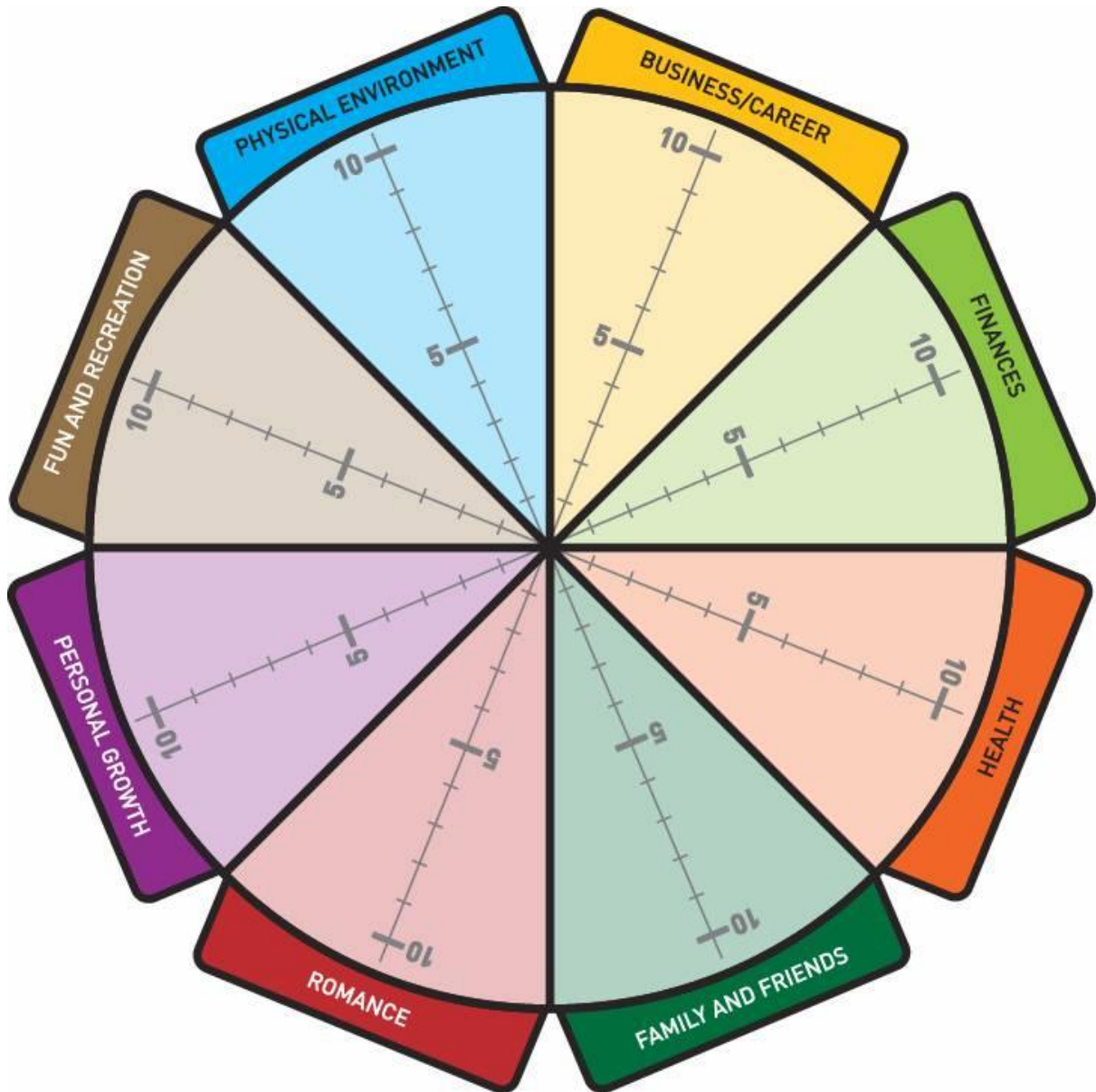


It is vital that you realise that this is just a snapshot of where you are RIGHT NOW!

This chart is for you, and does not represent who you are, but where you are.



I am most satisfied with \_\_\_\_\_,

because I am \_\_\_\_\_

I am least satisfied with \_\_\_\_\_,

and I will change this  
by \_\_\_\_\_

I have added some questions in each category to help you prompt your thoughts.

<p><b>Physical Environment</b></p> <ul style="list-style-type: none"> <li>❖ Are you comfortable in the home that you live in?</li> <li>❖ Do you have clean and tidy environment?</li> <li>❖ Do you have a good community?</li> </ul>	<p><b>Romance</b></p> <ul style="list-style-type: none"> <li>❖ Do you feel love?</li> <li>❖ How often are you expressing love to others?</li> </ul>
<p><b>Business/Career</b></p> <ul style="list-style-type: none"> <li>❖ Are you where you want to be right now?</li> <li>❖ Is your career heading in the right direction?</li> <li>❖ Are you satisfied with the kind of work you do?</li> </ul>	<p><b>Personal Growth</b></p> <ul style="list-style-type: none"> <li>❖ How focused are you on Personal Growth?</li> <li>❖ Do you read often?</li> <li>❖ Are you trying new experiences?</li> <li>❖ Are you satisfied with the direction of your life?</li> </ul>
<p><b>Finances</b></p> <ul style="list-style-type: none"> <li>❖ Are you comfortable with your earnings to satisfy your needs?</li> <li>❖ Are you financially set up for future growth?</li> </ul>	<p><b>Fun and Recreation</b></p> <ul style="list-style-type: none"> <li>❖ Are you enjoying life?</li> <li>❖ Are you satisfied with your activity level?</li> <li>❖ Do you socialise often?</li> <li>❖ Do you regularly do what you love?</li> </ul>
<p><b>Health</b></p> <ul style="list-style-type: none"> <li>❖ How physically healthy are you?</li> <li>❖ How satisfied with your level of fitness?</li> <li>❖ Are you satisfied with your diet?</li> <li>❖ Do you see a bright future health wise?</li> </ul>	<p><b>Spiritual/Contribution</b></p> <ul style="list-style-type: none"> <li>❖ What do you do that impact the lives of others?</li> <li>❖ How would you rate your contribution to society?</li> <li>❖ How connected are you yourself and the outer world?</li> <li>❖ Are you satisfied with your relationship to your spiritual being?</li> </ul>
<p><b>Family &amp; Friends</b></p> <ul style="list-style-type: none"> <li>❖ Is your family supportive of you?</li> <li>❖ Are your friends supportive of you?</li> <li>❖ Are you socialising often?</li> <li>❖ Are you socialising too often?</li> <li>❖ Are you supportive of your friends and family?</li> </ul>	<p><b>Self-Image</b></p> <ul style="list-style-type: none"> <li>❖ Do you think of your skills and abilities highly?</li> <li>❖ Do you respect and love yourself?</li> <li>❖ Do you appreciate yourself?</li> </ul>