

GRAPH OF LIFE

How satisfied are you with different parts of your life? Circle a number from 1 to 10 next to each of the following areas of life. If you give an item a 1, you are completely dissatisfied with this part of your life. It means, "This part of my life is entirely unacceptable to me in its current state." A number 10 means, "I couldn't be happier or more satisfied with this area of life."

Your overall satisfaction will change from day to day, but try to give an overall assessment of *where you are at present*. Skip any items that don't apply to you.

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| 1 2 3 4 5 6 7 8 9 10 | Physical Health |
| 1 2 3 4 5 6 7 8 9 10 | Mental/Emotional Health |
| 1 2 3 4 5 6 7 8 9 10 | Career/Employment Satisfaction |
| 1 2 3 4 5 6 7 8 9 10 | Financial Stability |
| 1 2 3 4 5 6 7 8 9 10 | Marriage/Romantic Relationships |
| 1 2 3 4 5 6 7 8 9 10 | Home Life (Immediate Family) |
| 1 2 3 4 5 6 7 8 9 10 | Extended Family (Relatives, In-laws) |
| 1 2 3 4 5 6 7 8 9 10 | Friends/Social Life |
| 1 2 3 4 5 6 7 8 9 10 | Recreation/Relaxation |
| 1 2 3 4 5 6 7 8 9 10 | Lifestyle (Degree of Busyness) |
| 1 2 3 4 5 6 7 8 9 10 | Personal Life Fulfillment |
| 1 2 3 4 5 6 7 8 9 10 | Personal Spiritual Life |
| 1 2 3 4 5 6 7 8 9 10 | Church/Religious Life |
| 1 2 3 4 5 6 7 8 9 10 | Physical Comfort (Housing, Neighborhood, Cars, etc.) |

Please join the circles together to make a graph.

Now go through this again and circle the numbers in terms of *where you would like to be*. Join these circles to make a different graph. Use a different-colored pen or dotted lines so that you don't get the graphs confused.