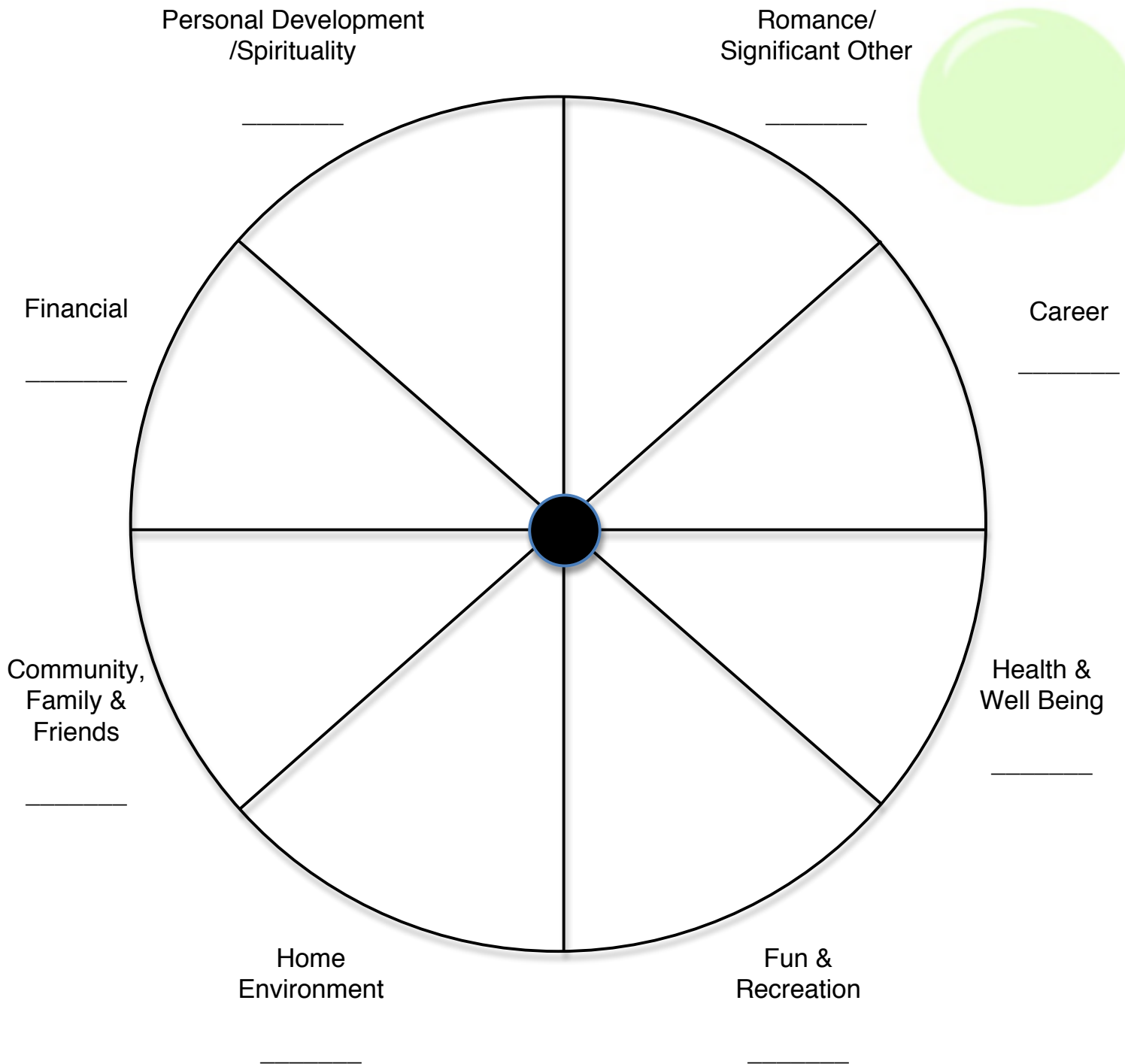


# A Snapshot of Your Life

See instructions below:



In the line provided, rate your level of satisfaction for each area on a scale of 1-10, where 10 is greatest satisfaction.

Then, color in the corresponding slice from the center outward, based on your rating (10 being to the outer edge), e.g., for a rating of 5, fill the slice in from the center, halfway to the outer edge.

# A Snapshot of Your Life



## Questions for you:

1. What surprises you about the state of your life in this snapshot?
2. What are you most pleased with?
3. What are you most surprised by?
4. What are the areas you would like to rate more highly?
5. Of those, is there one area that stands out more than the others?



## A Snapshot of Your Life

6. What do you think your life would be like if that one area, and that one area alone, could have a higher rating of satisfaction? Hint: Don't just say "better." Close your eyes and see what your life would look like, sound like...feel like. Imagine it in full color then write down what you imagine here...use the back of the page if you need.