

# Snapshot of your life

NAME:

DATE:

Please rate your current position on a scale of 1 to 10 (1= totally unsatisfied - 10 = living the dream)

1	Current job, profession, career	1	2	3	4	5	6	7	8	9	10
2	Most intimate personal relationship	1	2	3	4	5	6	7	8	9	10
3	Family (however you define it)	1	2	3	4	5	6	7	8	9	10
4	Relationship with money and finances	1	2	3	4	5	6	7	8	9	10
5	Physical health, diet and exercise	1	2	3	4	5	6	7	8	9	10
6	Mental health and emotional well-being	1	2	3	4	5	6	7	8	9	10
7	Friends and Community	1	2	3	4	5	6	7	8	9	10
8	Ongoing education, personal and spiritual growth	1	2	3	4	5	6	7	8	9	10
9	Hobbies, fun, travel and enjoyment	1	2	3	4	5	6	7	8	9	10
10	Sleep	1	2	3	4	5	6	7	8	9	10