The table below is designed to promote exploration about what you really want out of life and what's most important to you.

In each box below, jot down a few points describing where you are in your life today in each area. Then score from 1-10 (very dissatisfied - very satisfied) where you are in each area today - put score in box on left. Score from 1-10 (very dissatisfied - very satisfied) where you would like to be in the future.


