

## 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.

Physical (fitness, health, appearance)	Social (friends, events, free time)	Career (job, aspirations, future roles)	Relationships (personal, family)
Emotional (mental state, stress levels)	Spiritual (beliefs, inner- peace)	Mental (personal development, learning)	Financial (wealth, assets, belongings)