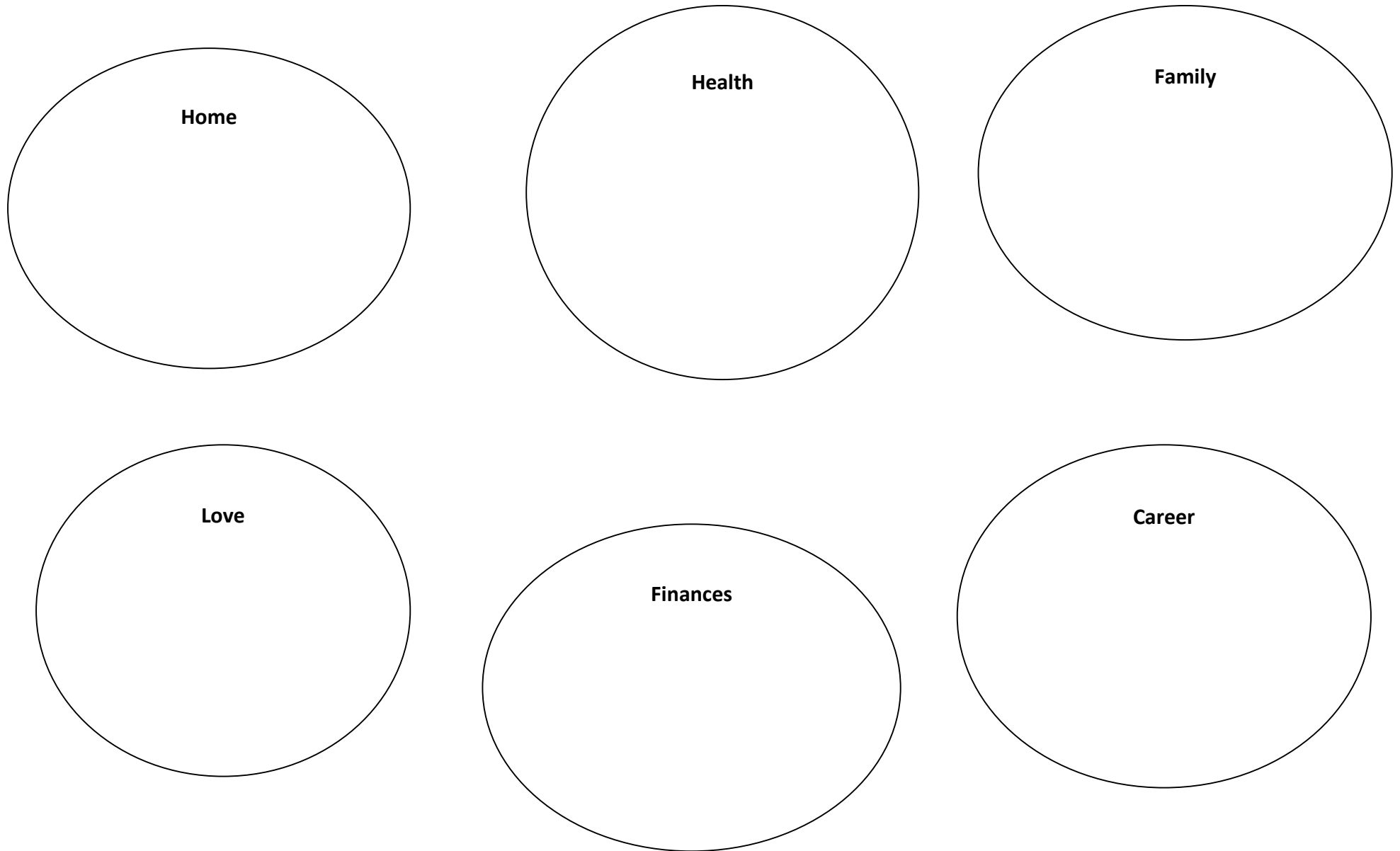
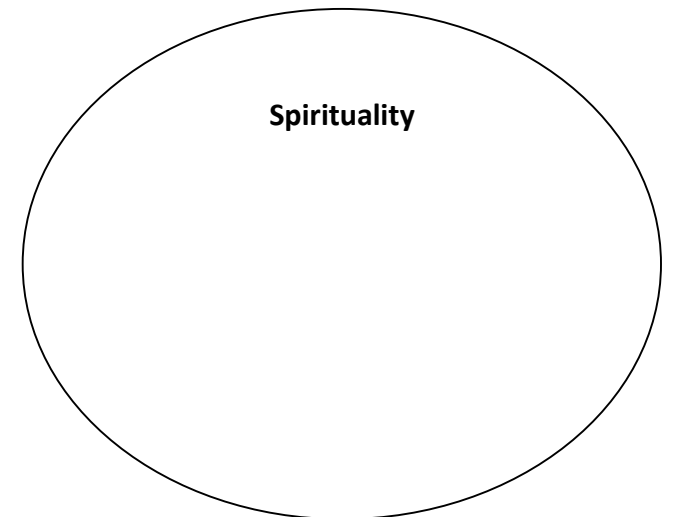
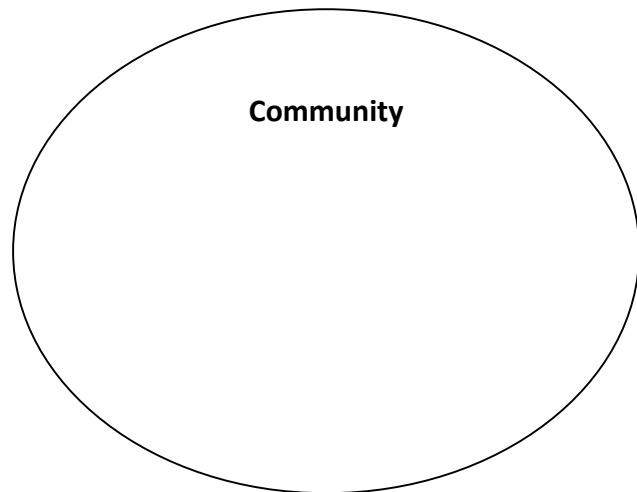
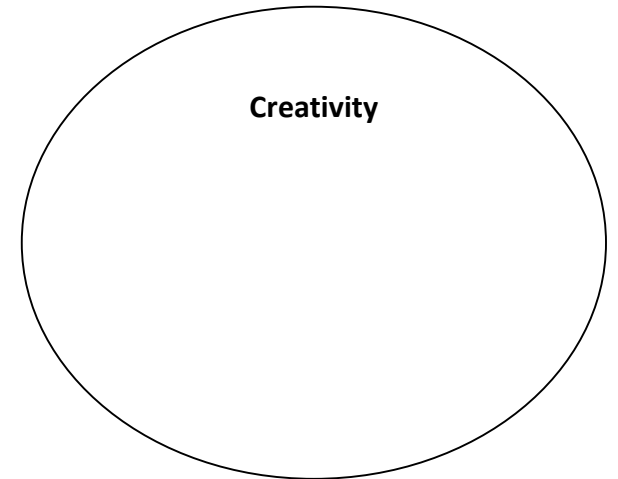
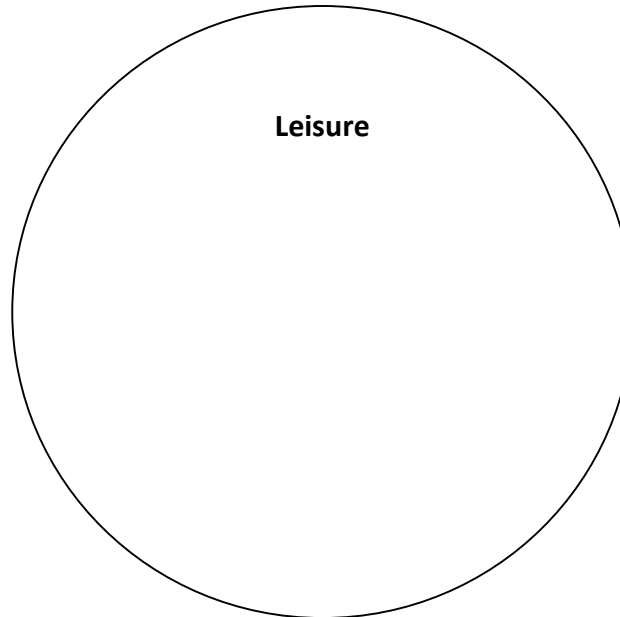
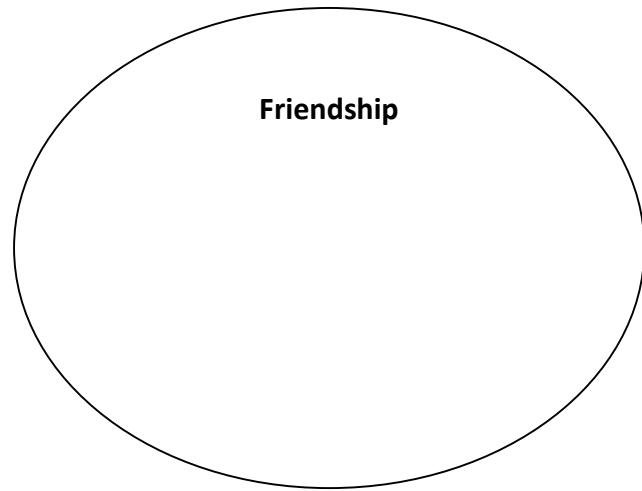


LIFE BUBBLES EXERCISE



LIFE BUBBLES EXERCISE (cont)



Life charting exercise: Needs assessment chart

Life area	Needs	How are needs being met now	Plans for having needs met
Home			
Health			
Family			
Love			
Finances			

Life area	Needs	How are needs being met now	Plans for having needs met
Career			
Friendship			
Leisure (or fun!)			
Creativity			
Community			
Spirituality			

Building foundations of happiness

AREA OF EXISTENCE	SUB AREA OF EXISTENCE
Physical	Shelter (home) Nourishment (food / water) Health Clothing Comfort (possession)
Emotional	Love (family, friendship and romantic love) Social interaction Creative expression Satisfaction / achievement (career or community) Status (to perceive ourselves as valued, appreciated or respected)
Spiritual	Sense of belonging Dreams / goals Information / guidance / education Sense of purpose

Foundations of life exercise

LIFE AREA	Rate how happy you are now with this area of your life 1 - not at all happy 10 - very happy	Rate how important this area of your life is to you. 1 - not at all happy 10 - very happy	What are three good things about this area of your life	What are the negatives about this area of your life?
Home				
Health				
Family				
Love				

LIFE AREA	Rate how happy you are now with this area of your life 1 - not at all happy 10 - very happy	Rate how important this area of your life is to you. 1 - not at all happy 10 - very happy	What are three good things about this area of your life	What are the negatives about this area of your life?
Finances				
Career				
Friendship				
Leisure (or fun!)				

LIFE AREA	Rate how happy you are now with this area of your life 1 - not at all happy 10 - very happy	Rate how important this area of your life is to you. 1 - not at all happy 10 - very happy	What are three good things about this area of your life	What are the negatives about this area of your life?
Creativity				
Community				
Spirituality				