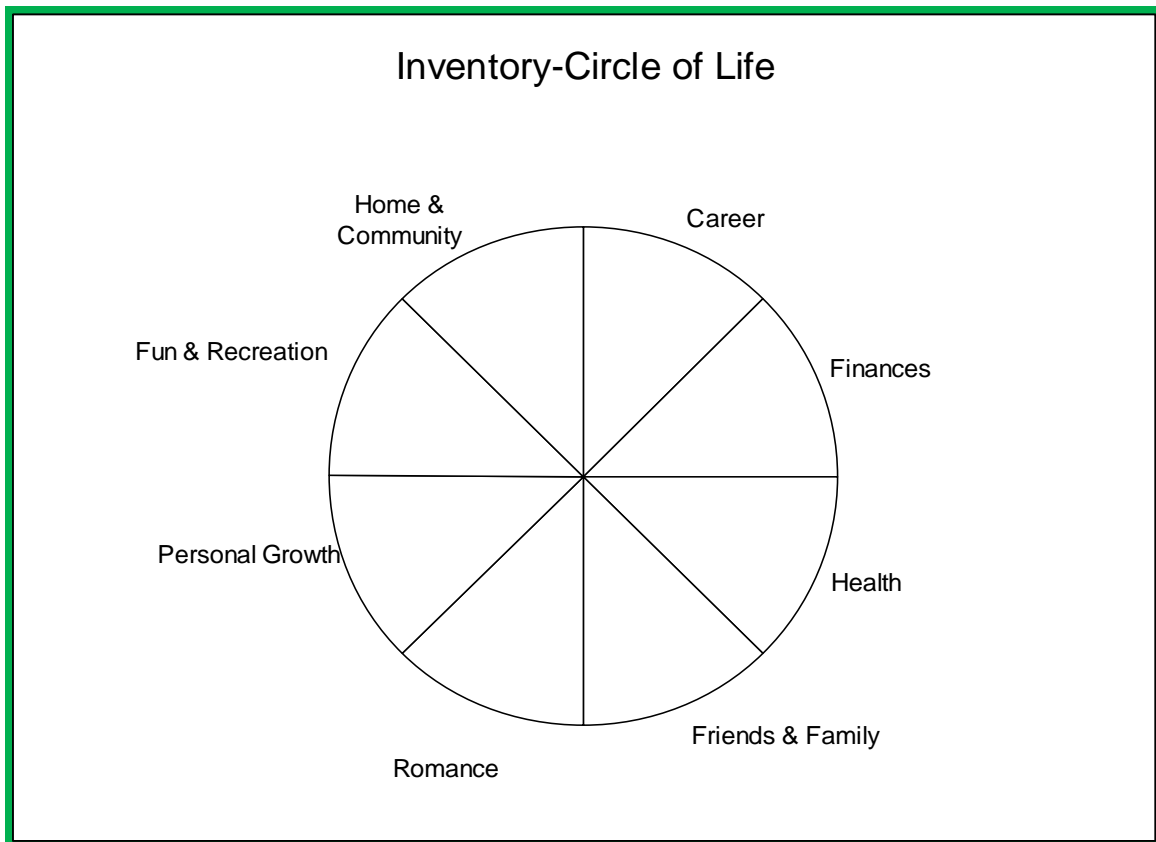
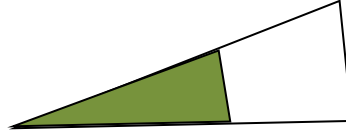


Are You Living Your Best Life?

Instructions: The eight pie-shaped sections in the Circle of Life below represent the various areas of your life. Using the center of the circle as zero percentage and the outer edge of each pie shape as 100%, rate your level of satisfaction with each area by shading in percentage of the pie section that indicates your level of satisfaction.

Example: If you are 50% satisfied with your career, draw a line across half of the pie shape. Darken the half nearest the center of the circle.



Is this your best life?

Score: How does your satisfaction rating match your values? Example: “You decide that your 50% satisfaction with career is OK, because you’re in school or focused on parenting.” Or “60% satisfaction with health or romance is OK because you’ve accepted your chronic medical condition.” Be creative in your analysis. You may rate 100% satisfaction with romance or career when you are content with unemployment, retirement or remaining single.

✓ **If you desire a higher satisfaction rating, what improvements will you make?**

✓ **Create an action plan to improve the least satisfactory elements of your life.**