

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY JOB / CAREER

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY HOBBIES & SIDE-INTERESTS

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY RELATIONSHIP WITH MY SPOUSE / SIGNIFICANT OTHER

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY RELATIONSHIP WITH MY KIDS

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY RELATIONSHIPS WITH FRIENDS AND FAMILY

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY INNER PERSONAL / SPIRITUAL LIFE

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY EMOTIONAL STATE

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY MENTAL STATE

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY PHYSICAL HEALTH

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY REST TIME, DOWN TIME AND "PLAY" TIME

NOT GOOD... AMAZING!

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|

MY FINANCES

JOB / CAREER

What's going well?

What could be better?

**HOBBIES &
SIDE-INTERESTS**

What's going well?

What could be better?

**RELATIONSHIP WITH
SIGNIFICANT OTHER**

What's going well?

What could be better?

**RELATIONSHIP WITH
MY KIDS**

What's going well?

What could be better?

**RELATIONSHIPS WITH
FRIENDS AND FAMILY**

What's going well?

What could be better?

**INNER PERSONAL &
SPIRITUAL LIFE**

What's going well?

What could be better?

MY EMOTIONAL STATE

What's going well?

What could be better?

MY MENTAL STATE

What's going well?

What could be better?

MY PHYSICAL HEALTH

What's going well?

What could be better?

**REST TIME, DOWN TIME,
AND "PLAY" TIME**

What's going well?

What could be better?

MY FINANCES

What's going well?

What could be better?