	NOT GOOD									AMAZING!	
MY JOB / CAREER	1	2	3	4	5	6	7	8	9	10	
	NOT GOOD AMA										
MY HOBBIES &	1	2	3	4	5	6	7	8	9	10	
SIDE-INTERESTS	-							!			
	NOT GOOD									AMAZING!	
MY RELATIONSHIP WITH MY	1	2	3	4	5	6	7	8	9	10	
SPOUSE / SIGNIFICANT OTHER											
	NOT GOOI	NOT GOOD								AMAZING!	
MY RELATIONSHIP WITH MY KIDS	1	2	3	4	5	6	7	8	9	10	
	NOT GOOD									AMAZING!	
MY RELATIONSHIPS WITH FRIENDS AND FAMILY	1	2	3	4	5	6	7	8	9	10	
	NOT GOOD AMAZING!										
MY INNER PERSONAL /	1	2	3	4	5	6	7	8	9	10	
SPIRITUAL LIFE											
	NOT COO	NOT GOOD AMAZING!									
MY EMOTIONAL STATE	NOT GOOD	2	3	4	5	6	7	8	9	10	
	•		J	•	J		,			10	
	NOT GOOD	2	3	4	5	6	7	8	9	AMAZING!	
MY MENTAL STATE	•		3	4	3	O	,	0		10	
MY PHYSICAL HEALTH	NOT GOOD 1 2 3 4 5 6 7 8 9									AMAZING!	
	1	2	3	4	5	0	/	ŏ	9	10	
MY DEST TIME DOWN	NOT GOOI				_		_			AMAZING!	
MY REST TIME, DOWN TIME AND "PLAY" TIME	1	2	3	4	5	6	7	8	9	10	
	NOT GOOD									AMAZING!	
MY FINANCES	1	2	3	4	5	6	7	8	9	10	

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?	
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?