

My current situation

Use this resource to explain both the good and the not so good things about your current situation.

Your current situation

Consider the following areas of your life and rate how satisfied you are with each using a scale of 0-10 (10 = extremely happy and fulfilled and 0 = totally miserable and at rock bottom). Don't worry about rating any of the below aspects if they aren't an important or valid part of your life.

Career satisfaction/development	/10	Parent/child relationship(s)	/10
Community involvement/ connectedness	/10	Relationship with your partner/husband/wife	/10
Creativity and creative expression/outlet	/10	Recreation (sport, hobbies interests)	/10
Environmental connectedness	/10	Philanthropy/service to others	/10
Exercise consistency/maintenance	/10	Relationship with exercise	/10
Exercise establishment/routines/habits	/10	Relationship with food	/10
Familial relationship(s)	/10	Spirituality/religion/faith	/10
Finances and money	/10	Romantic relationship(s)	/10
Food consumption (intake choices, portions)	/10	Self-confidence and/or self esteem	/10
Friendships (new and/or existing)	/10	Self-image and/or body image	/10
Habit forming/breaking	/10	Self-worth	/10
Health (mental)	/10	Relaxation time/activities	/10
Health (physical)	/10	Stress load and management	/10
Household commitments/maintenance	/10	Unhelpful habits	/10
Living ethically (socially/environmentally)	/10	<i>(Other)</i>	/10
Personal growth (learning new skills, continued improvement)	/10	<i>(Other)</i>	/10
Meaning or life/life purpose	/10	<i>(Other)</i>	/10

Reflection questions

- Having just gone through the above exercise how would you describe your life currently? *Include what you're actually doing, what you're not doing, how happy you are with individual aspects and how happy you are with your life as a whole.*

Considering the description of your life above...

- What are your thoughts on whether or not things could/should or need to change? What makes you say this?

Considering the areas of your life you scored low...

- What if anything do you find interesting about these areas? Is there a theme, e.g. health related areas

Considering all of the areas of your life, regardless of how you scored them...

- Which of these areas would you like to change and why?

- If nothing changed and everything stayed the same, how would you feel?

- Are there certain areas you're putting energy into that are at the expense of other areas in your life? If yes why do you think this is happening?