Life Satisfaction Chart

Activity 5

Preparation:

Make copies of the Life Satisfaction Chart for each participant

Process:

Take a moment of “I” time to fill out your current Life Satisfaction Chart. This chart represents how satisfied you are currently in all of the areas listed.

Reflect-Are your responses in line with what you value in life?

Turn to a partner and share one thing you will try to do to regain balance in what you value.


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| **Life Satisfaction Chart** | **1-10** |
| **Relationships** |  |
| **Physical Health** |  |
| **Emotional Health** |  |
| **Finances** |  |
| **Career** |  |
| **Spiritual Health** |  |
| **Personal Goals** |  |
| **Self-Care** |  |
| **Fun** |  |



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