

Graph of Life

Your Personal Life Assessment

How Satisfied Are You with These Different Areas of Your Life? **Circle** a number from 1 to 10 next to each of the following areas of life. If you give an item a 1, you are completely *dissatisfied* with this area of your life. A 10 means you are completely *satisfied* and joyful in this area of your life. Your overall satisfaction will change from day to day but try to give an overall assessment of where you are at *present*.

~Spiritual~

- 1 2 3 4 5 6 7 8 9 10 **Personal Spiritual Life**
- 1 2 3 4 5 6 7 8 9 10 **Area of Ministry**
- 1 2 3 4 5 6 7 8 9 10 **Church Life**

~Physical~

- 1 2 3 4 5 6 7 8 9 10 **Physical Health & Wellness**

~Mental~

- 1 2 3 4 5 6 7 8 9 10 **Mental/Emotional Health & Wellness**
- 1 2 3 4 5 6 7 8 9 10 **Personal Growth & Development**

~Life Purpose~

- 1 2 3 4 5 6 7 8 9 10 **Career/Work Satisfaction**
- 1 2 3 4 5 6 7 8 9 10 **Fulfilling Your Life Purpose**
- 1 2 3 4 5 6 7 8 9 10 **Pace of Life/Time Management**

~Relationships~

- 1 2 3 4 5 6 7 8 9 10 **Marriage/Intimate Relationships**
- 1 2 3 4 5 6 7 8 9 10 **Family/Children Relationships**
- 1 2 3 4 5 6 7 8 9 10 **Social Networks/Friends**
- 1 2 3 4 5 6 7 8 9 10 **Community Service**

~Living Essentials~

- 1 2 3 4 5 6 7 8 9 10 **Financial Stability**
- 1 2 3 4 5 6 7 8 9 10 **Living Environment Comfort**
(House, Location, Cars, etc.)
- 1 2 3 4 5 6 7 8 9 10 **Hobbies/Recreation/Relaxation/Free Time**
- 1 2 3 4 5 6 7 8 9 10 **Other** _____

Join the **circles** together to make a graph. Now complete the form again putting a **square** around each number that indicates where you would like to be if things were *ideal*. Join the **squares**. Where are the largest gaps? What areas would be most beneficial to address?

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