

Life Tasks

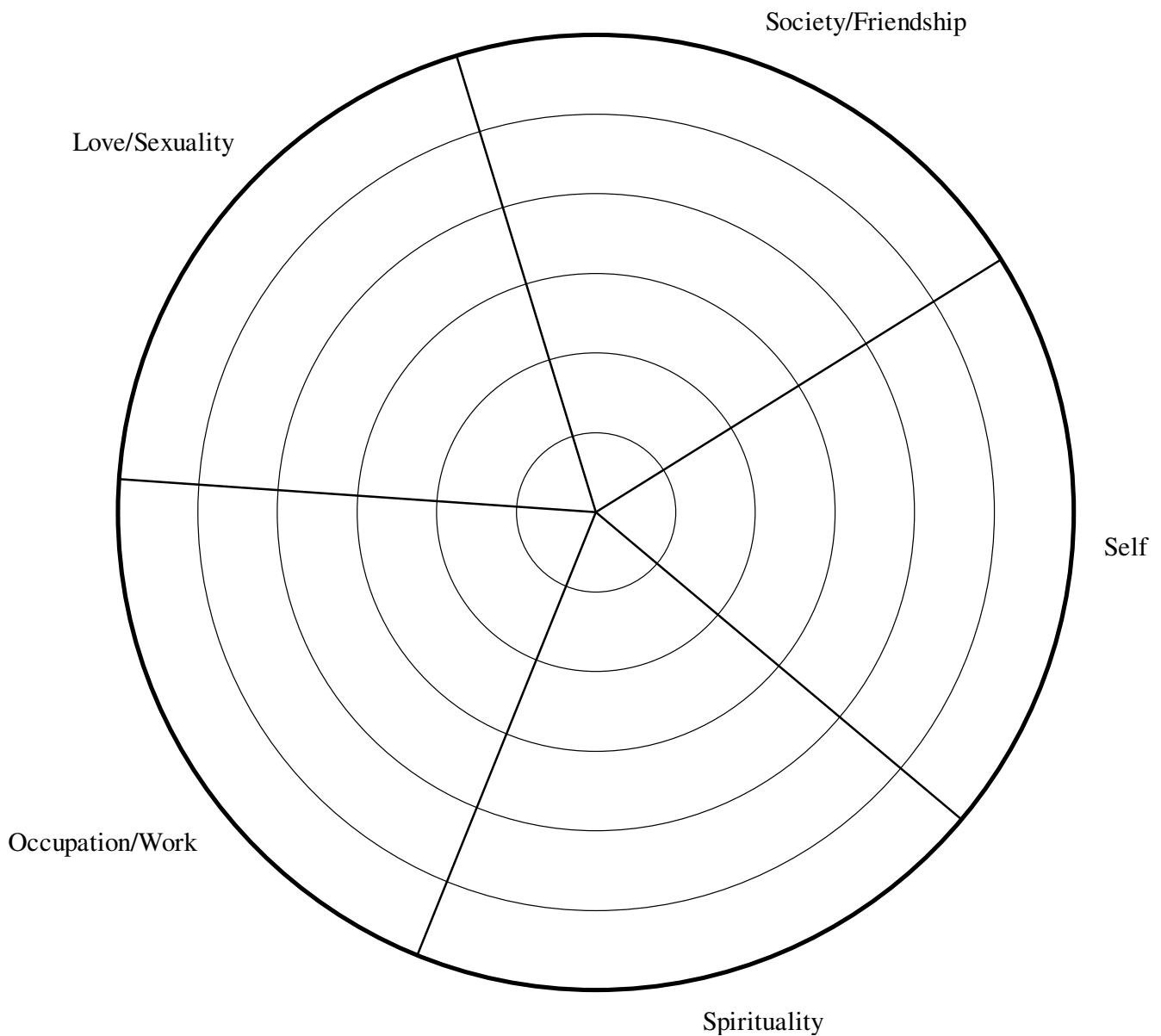
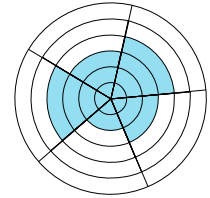
Life is task-oriented. I believe there are five major areas of our lives that are central to our health and well-being.

The diagram below is a method for thinking about how your level of satisfaction in different areas affects your overall happiness.

How satisfied you are in each area? For each section, shade in an amount that

represents your fulfillment in that area. So a mark next to the center would indicate almost no satisfaction, and a mark at the outside of the circle would mean you are very content with that area.

Your circle might look something like this:



How balanced is your life?

If this circle was a wheel taking you down the Road of Life, would your ride be bumpy? Is it the road or your wheel?

Life is busy. And when your energy is focused on a special project, it's easy to find yourself "off balance" and neglecting important areas of your life. This can lead to lots of stress in the form of frustration, anxiety, depression, or health problems.

If you're experiencing these problems, that's a signal – just a like the warning lights on your car's dashboard – that something's not right. You owe it to yourself to bring what's out of balance to a more comfortable and satisfying place.

Here's an activity to get you started on creating more balance and satisfaction in your life:

Highest rated areas (1-2):

What does this say about your strengths and abilities?

What can these areas tell you about improving other areas?

Lowest rated areas (1-2):

What "baby step" would it take to move each of these areas up a notch?

What might get in the way? How can you prevent or handle it when that happens?

What do you now know about your values?...and what you want for yourself?
What next steps are you seeing for yourself?

◆ *Are you feeling stuck in one or more of these areas?* ◆
Let's talk about how I can help: 763-458-6896