GRAPH OF LIFE

How satisfied are you with different parts 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 that part of your life. A 10 means you are completely satisfied and couldn't be happier with this part of life.

Your overall satisfaction will change from day to day but try to give an overall assessment of **where you are at present.** Skip any items that do not apply to you.

Dissatisfied ..... **Satisfied**										
1	2	3	4	5	6	7	8	9	10	Physical Health
1	2	3	4	5	6	7	8	9	10	Mental/Emotional Health
1	2	3	4	5	6	7	8	9	10	Career/Employment Satisfaction
1	2	3	4	5	6	7	8	9	10	Financial Stability
1	2	3	4	5	6	7	8	9	10	Marriage/Romantic Relationships
1	2	3	4	5	6	7	8	9	10	Home Life (Immediate Family)
1	2	3	4	5	6	7	8	9	10	Extended Family (Relatives/In-Laws)
1	2	3	4	5	6	7	8	9	10	Friends/Social Life
1	2	3	4	5	6	7	8	9	10	Recreation/Relaxation
1	2	3	4	5	6	7	8	9	10	Lifestyle (Degree of Busyness)
1	2	3	4	5	6	7	8	9	10	Personal Life Fulfillment
1	2	3	4	5	6	7	8	9	10	Personal Spiritual Life
1	2	3	4	5	6	7	8	9	10	Church/Religious Life
1	2	3	4	5	6	7	8	9	10	Current Ministry
1	2	3	4	5	6	7	8	9	10	Physical Comfort (Home, Location, etc.)
1	2	3	4	5	6	7	8	9	10	Other _____

Please join the circled numbers together to make a graph.

When this is completed, please complete the form again, only this time put a square [□] around the number that indicates **where you would like to be** if things were ideal.

Once again, ***join the squares***. What areas have the largest gaps between where you are at present and where you would like to be? These may be areas in which coaching can be beneficial.

Adapted from Christian Coaching - Collins