

FULFILLMENT GUIDE

On each of the following scales, looking at the different areas of your life, please indicate where you think you are currently functioning. This assessment is for you only; please be as authentic and honest with yourself as possible. There are no right or wrong answers. Use this guide as a baseline to direct you to your area(s) of lowest fulfillment. When you are done, prioritize where you want to focus your energy and then write one action step you need to take and do it. This will allow you to focus your energy to achieve more fulfillment and balance in your life. Note: if you need ideas for action steps please refer to the action steps outlined at the end of each chapter.

The scale is from 1 to 10: 1 = No Fulfillment 10 = 100% Fulfillment

Physical health

1 2 3 4 5 6 7 8 9 10

Mental/emotional

1 2 3 4 5 6 7 8 9 10

Spiritual

1 2 3 4 5 6 7 8 9 10

Peace of mind/inner peace

1 2 3 4 5 6 7 8 9 10

Fun/joy

1 2 3 4 5 6 7 8 9 10

Hobbies/creative expression

1 2 3 4 5 6 7 8 9 10

Social connection/network

1 2 3 4 5 6 7 8 9 10

Family relationships

1 2 3 4 5 6 7 8 9 10

Financial

1 2 3 4 5 6 7 8 9 10

Career

1 2 3 4 5 6 7 8 9 10