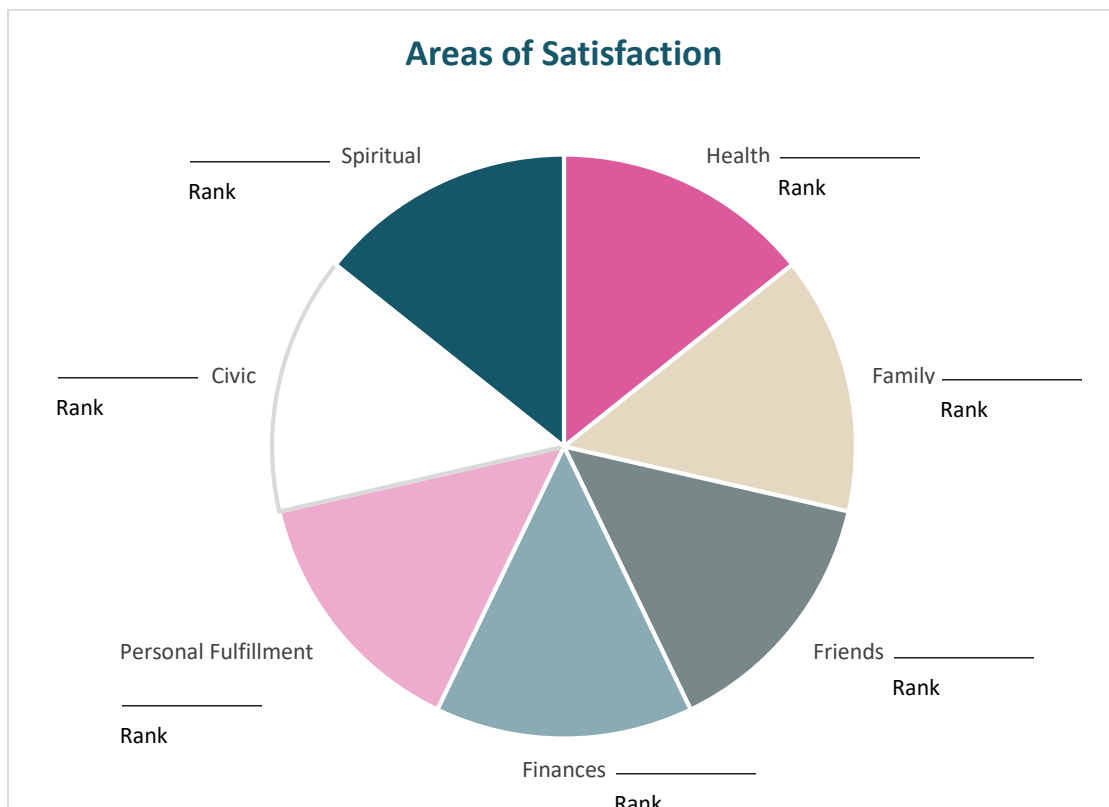


Life Satisfaction Evaluation Tool

First, prioritize the areas below based on how important they are to **YOU!** The total should add up to 100%.

Area	Relative Value
Health	
Family	
Friends	
Finances	
Personal Development	
Civic	
Spiritual	
	100%

Once you've established relative values for each area, fill in the rank on the chart below in **BIG NUMBERS**. This will visually help you focus on what is most important to **YOUR** life. It's especially useful for keeping focus during times of overwhelm!



Next, for each area of satisfaction, jot down what **worked well** and what **could have been improved** in the prior year.

Area	Worked Well	Needs Improvement
Health		
Family		
Friends		

Area	Worked Well	Needs Improvement
Finances		
Personal Development		
Civic		
Spiritual		

Lastly, set goals for each area for the coming year. Goals should be specific and measurable.

For instance:

- Volunteer at least 2 hours once per month
- Exercise 5 days per week for 80% of the year (or 42 weeks)
- Make and keep all standard medical appointments (1 PCP, 2 Dental, 1 Vision, etc.)
- Pay an extra \$50 towards credit card debt each month

Area	Goals
Health	
Family	
Friends	

Area	Goals
Finances	
Personal Development	
Civic	
Spiritual	

Now you've got a solid roadmap to a more satisfying life in place. You may want to keep track of your progress using Natty Gal's Monthly Habits Tracker. At the end of the year, re-print this form and evaluate again!