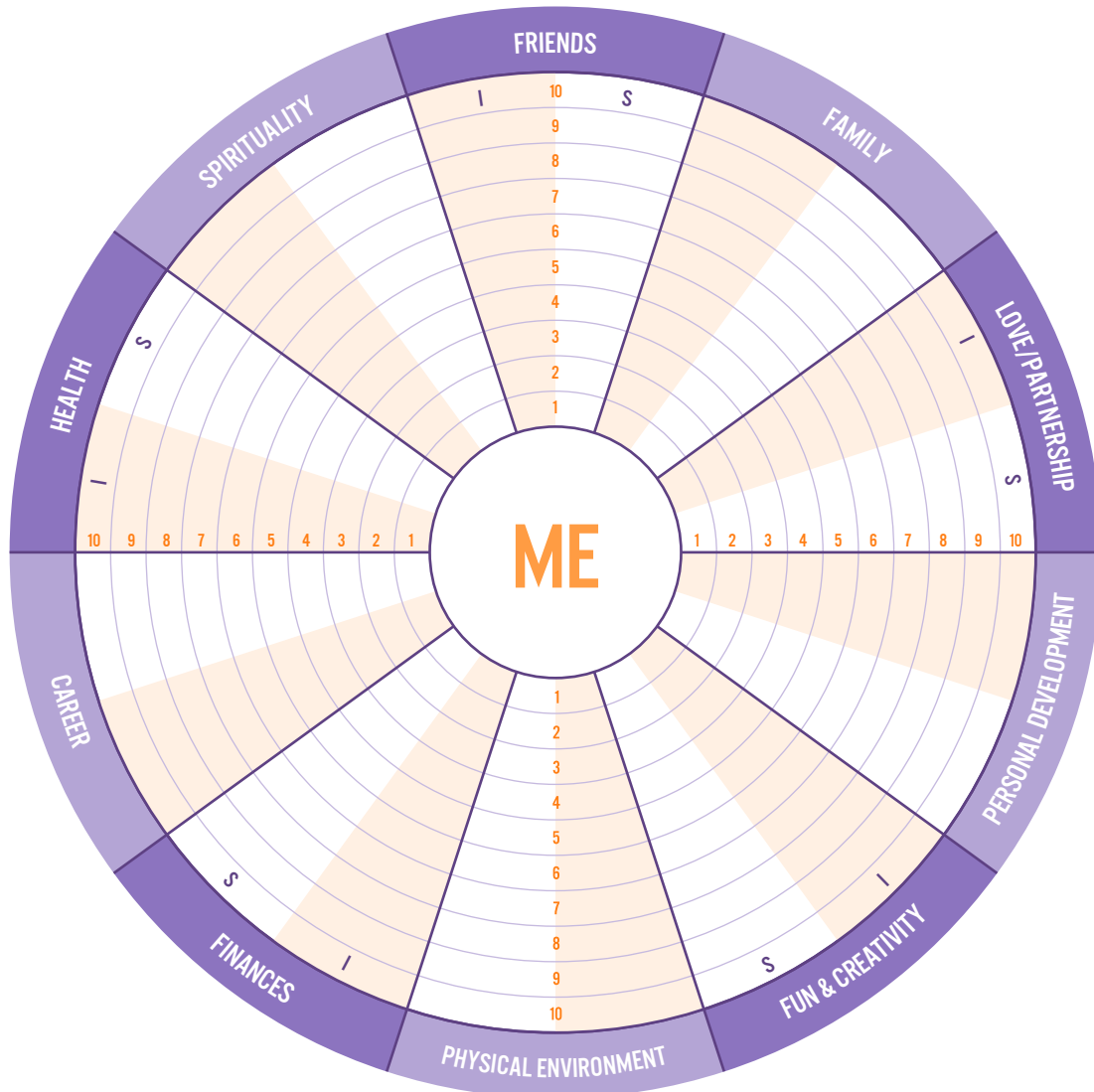


THE WHOLE LIFE MODEL

Objective: Review 10 areas of your life to clarify the importance of each area, and your level of satisfaction with the present state. Identify key areas for growth.

Rank each area on the scale below from 1 (lowest) to 10 (highest).

IMPORTANCE **SATISFACTION**



Now that you've scaled each section for satisfaction and importance, let's prioritize the areas that have the greatest opportunity for meaningful change.

WHICH TWO AREAS ARE MOST IMPORTANT TO YOU?

- 1.
- 2.

WHICH TWO AREAS ARE YOU MOST SATISFIED WITH?

- 1.
- 2.

WHICH TWO AREAS HAVE THE BIGGEST GAP BETWEEN SATISFACTION AND IMPORTANCE?

- 1.
- 2.

Well done. Now that you've identified that's working well in your life, and which opportunities are ripe for change, let's make change happen.