



# Life Sketch



How satisfied are you with different parts of your life? If you were to describe or draw a picture of your life, what would it look like? Where would you begin? What parts would you change? What parts would you celebrate? Key components to achieving life satisfaction is greater self-awareness and whole person living; often referred to as a holistic approach. The following exercise is intended to give you a clearer sketch of your whole life.

In the first column fill in a number which best represents where you are today and in the second column fill in a number which best represents where you desire to be in each of the following areas of life.

<b>Not Satisfied</b>			<b>Somewhat Satisfied</b>			<b>Totally Satisfied</b>			
1	2	3	4	5	6	7	8	9	10
Physical Health _____						I desire _____			
Emotional Health _____						I desire _____			
Job/Employment _____						I desire _____			
Financial Security _____						I desire _____			
Romantic Relationships _____						I desire _____			
Friends/Social Life _____						I desire _____			
Immediate Family _____						I desire _____			
Relatives/In-laws _____						I desire _____			
Recreation _____						I desire _____			
Relaxation _____						I desire _____			
Life Fulfillment _____						I desire _____			
Spiritual Life _____						I desire _____			

What areas have the largest difference between where you are currently and where you would like to be? These are the areas where you may want to focus and where life coaching can be beneficial. I look forward to you contacting me to discuss how you can begin today.... living the life, you desire!



**TAMMY BARNETT**  
*Life Coach*

**941.350.2509**

tammybarnett.com • tammy@tammybarnett.com  
8586 Potter Park Drive, Sarasota, FL 34238