

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.

Not Satisfied		Somewhat Satisfied					Totally Satisfied			
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!



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