

SNAPSHOT LIFE CHART

STEP 1

This chart helps you evaluate your current satisfaction in different areas of life.

To complete it:

1. Place a dot in each section of the chart to indicate your satisfaction in that category.
 - Dots closer to the center represent lower satisfaction (0%).
 - Dots closer to the outer edge represent higher satisfaction (100%).

You can redo this chart anytime to track progress. Remember, this is a tool for reflection, not self-judgment. Simply assess the results objectively to identify areas needing more attention.

After completing the chart, proceed to the Life Chart Quick List on the next page. This should take 5–10 minutes.



