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

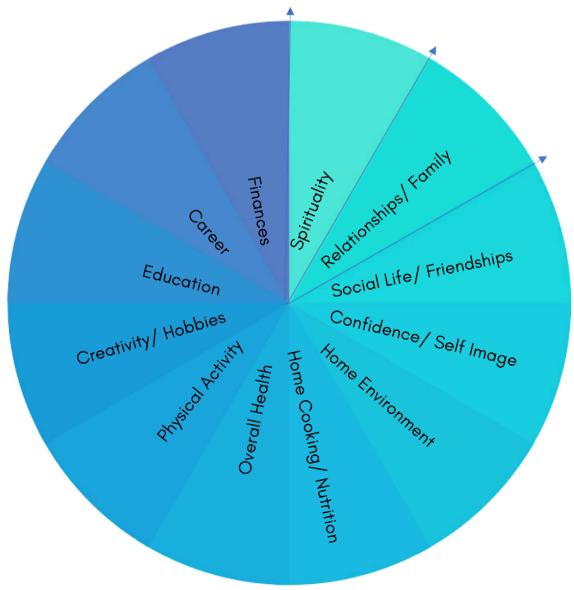
To complete it:

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 selfjudgment. 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.



SNAPSHOT LIFE CHART STEP 1



Now that your Snapshot Life Chart is complete, you can identify areas that need attention to bring more balance.

- 1. List each category that could use improvement.
- 2. Note what actions, items, or relationships could help move the dot closer to the outer edge of the chart. You can reference your Life Desire List (if available) or simply jot down whatever comes to mind.
- 3. Rate the difficulty of each action on a scale of 1–5 (1 = easiest, 5 = hardest).

If you can't think of anything for a category, write the category down and add a smiley face next to it. Spend no more than 5–10 minutes on this.

CATEGORY	IMPROVEMENT ITEM OR ACTION	LEVEL OF EASY