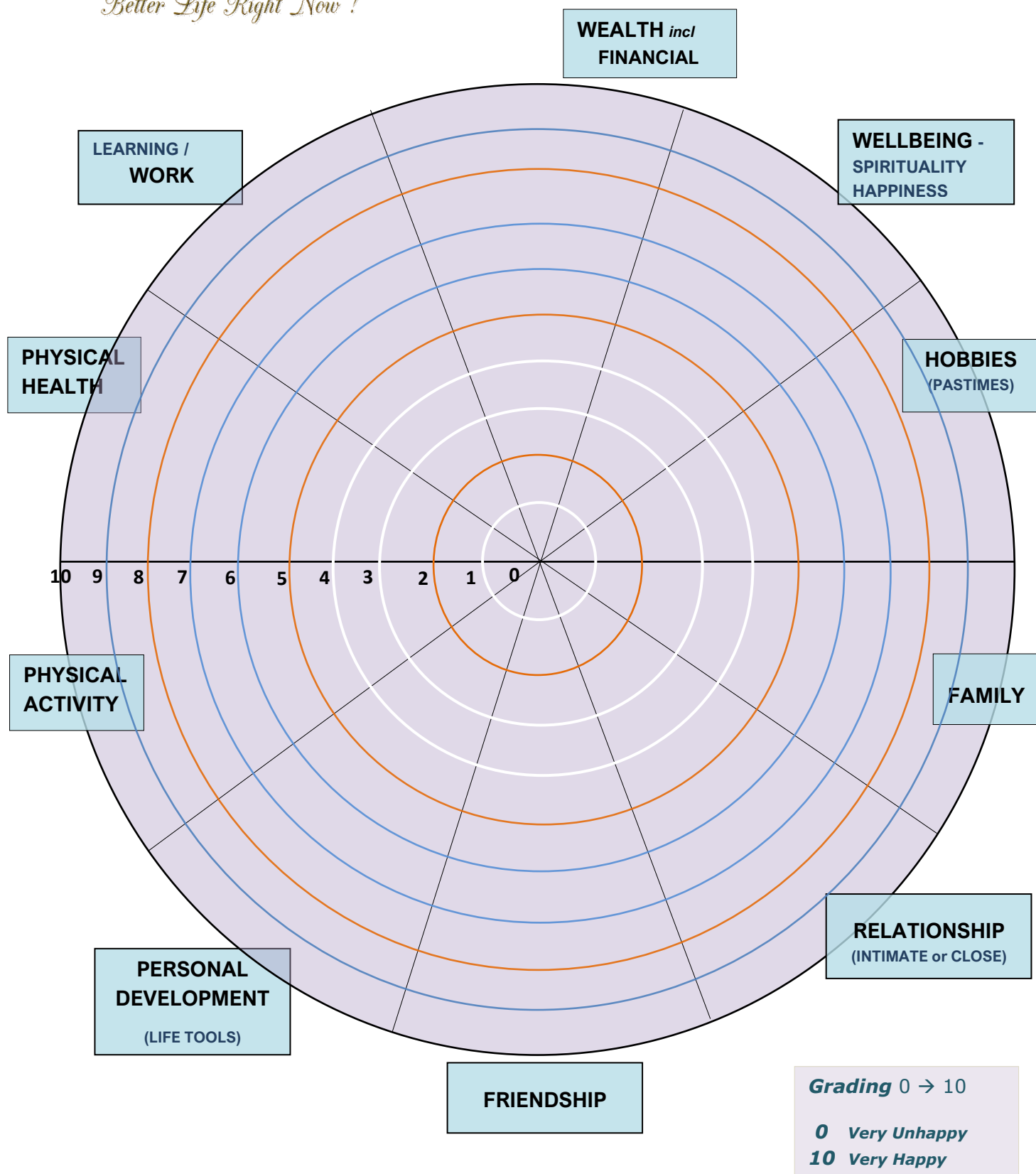




**name**..... — The above chart represents how you estimated your level of satisfaction (0 to 10) within each of the 10 areas, or aspects, of your life. Please refer to the accompanying Explanation to ensure you always complete this exercise along the same criteria.

Any segment scored below your personal 'average' might need looking into and then regular upkeep is recommended.

**Valid as at:** ..... **date**

**Review:** ..... **date**