

## Feeling Good Self-Assessment:

Rate each area on a scale from 0 (not good) to 5 (really good!).

- Mind and Spirit:
- Time and Schedule:
- Earning and Spending:
- School, Work, and Service:
- Body and Wellness:
- Loved Ones, Community, and the World:
- House and Home:
- Self-Expression and Growth:

What domain is already thriving?

What does this tell you about what's working?

3 ways you can apply this to other areas of your life:

- 1.
- 2.
- 3.

What domain is struggling?

What does this tell you about what you need?

3 ways you can bring relief to this area:

- 1.
- 2.
- 3.