

How satisfied and fulfilled are you?



Sometimes we are not sure where our life is out of balance. Completing the following activity will support you to understand where you need to focus to create balance, and how you can increase your feelings of being satisfied and fulfilled:

- Step 1:** For each dimension, ask yourself, how satisfied am I? Write down the answers
- Step 2:** Reflect on, what do you need to be fulfilled in each dimension? Write down your thoughts
- Step 3:** Brainstorm, what you can do to increase your satisfaction and fulfilment. Write down your goals and action plan

