



The Dart Board

There are four important **life areas**.

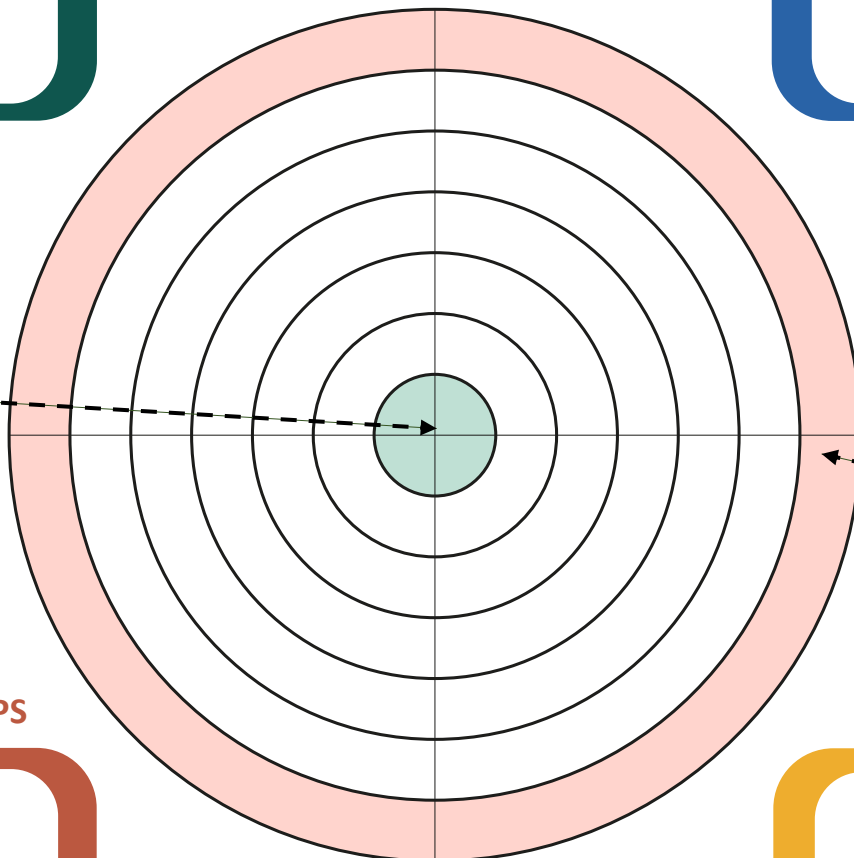
- (1) Write down what is important to **you** within each life area. Use the worksheet What is important as a help.
- (2) Place a **checkmark** (X) within each life area that corresponds to your satisfaction.

HEALTH

WORK/ACTIVITY

COMPLETELY
SATISFIED

NOT AT ALL
SATISFIED



RELATIONSHIPS

LEISURE