

## **‘Graph of Life’ Exercise**

This graph contains nine sections that, together, represent one way of describing a whole life. This exercise measures your level of satisfaction in nine (9+) areas of your life on the day you complete it.

1. Use the graph on the next page to assess each life category. The list below is a list of standard suggestions. (You can also add your own categories, that you feel are relevant for you, in the sections labeled 'other.')

  - Family
  - Friends
  - Significant Other/Romance
  - Self/Personal Growth
  - Fun/Recreation
  - Physical health
  - Religion/Spiritual Growth
  - School/Learning
  - Work

2. Taking the bottom left angle as 0 (zero), mark the graph based on *your* level of satisfaction with each life area, with ten (10) being the highest level of satisfaction. Once you have marked your level, shade in the entire area of that section up to the point you marked it. Do this for each section/life category on the graph.

This new perimeter represents a picture of how satisfied you are in these areas of your life at this point in time. Take in the information and answer the questions below.

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10											
9											
8											
7											
6											
5											
4											
3											
2											
1											
<b>0</b>	<b>Family</b>	<b>Friends</b>	<b>Romance</b>	<b>Personal Growth</b>	<b>Fun</b>	<b>Physical Health</b>	<b>Religion/ Spiritual</b>	<b>School/ Learning</b>	<b>Work</b>	<b>Other:</b>	<b>Other:</b>

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### **3. Questions:**

- a. In what area(s) of your life do you want to improve your level of satisfaction?
- b. In what ways would you like for it to be different for you? Be specific.
- c. What is required of you to accomplish that?

(You can use the next page to write your answers.)

### **Answers:**

a.

b.

c.