

### Graph of Life

A simple reflection exercise on where you are at and where you want to be. Circle a number from 1 to 10 next to each of the following areas of life. If you give an item a 1, you are completely dissatisfied with that part of your life. A 10 means you are completely satisfied and couldn't be happier with this part of life.

Your overall satisfaction will change from day to day, but try to give an overall assessment of where you are at present. Skip any items that do not apply to you and feel free to at any.

Please join the circles together to make a graph. When this is completed, please complete the form again, only this time put a square around the number that indicates where you would like to be if things were ideal. Once again, join the squares.

What areas have the largest gaps between where you are at present and where you would like to be?

Pick one area you would like to work on and think through a few steps to go where you want.

These may be an area in which coaching can be beneficial.

(Taken from "Collins, Gary R. (2014-02-01). Christian Coaching, Second Edition: Helping Others Turn Potential into Reality (Walking with God) (p. 355-356). NavPress. Kindle Edition.")

Physical Health	1 2 3 4 5 6 7 8 9 10
Mental/ Emotional Health	1 2 3 4 5 6 7 8 9 10
Career/ Employment Satisfaction	1 2 3 4 5 6 7 8 9 10
Financial Stability	1 2 3 4 5 6 7 8 9 10
Marriage/ Romantic Relationships	1 2 3 4 5 6 7 8 9 10
Home Life (Immediate Family)	1 2 3 4 5 6 7 8 9 10
Extended Family (Relatives, In-Laws)	1 2 3 4 5 6 7 8 9 10
Friends/ Social Life	1 2 3 4 5 6 7 8 9 10
Recreation/ Relaxation	1 2 3 4 5 6 7 8 9 10
Lifestyle (Degree of Busyness)	1 2 3 4 5 6 7 8 9 10
Personal Life Fulfillment	1 2 3 4 5 6 7 8 9 10
Personal Spiritual Life	1 2 3 4 5 6 7 8 9 10
Church/ Religious Life	1 2 3 4 5 6 7 8 9 10
Current ministry	1 2 3 4 5 6 7 8 9 10
Physical Comfort (Housing, Location, Cars, and so on)	1 2 3 4 5 6 7 8 9 10
Other: _____	1 2 3 4 5 6 7 8 9 10

