

Detached Observer

Mentally view the various aspects of your life – your career, your relationships, your finances, your health, your lifestyle, your home and your life balance.

Areas of my life	Fulfilling and joyful	Mediocre	Depleting and unhappy
Relationships: Family Partner / Spouse Children Parents Siblings			
Relationships: Friends / Colleagues			
Health			
Career / Work			
Finances			
Lifestyle			
Home			
Life Balance			
Other			