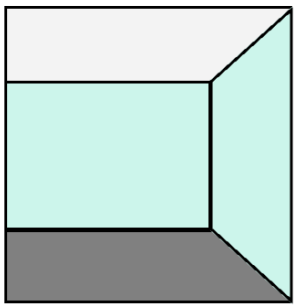
‘Get A Life’ Satisfaction Exercise



Dee’s Downsize & Declutter

For each of the sectors on the chart below, rank yourself on a scale of 1 to 10: “How satisfied am I with this area of my life?” For instance, if you are feeling great about your Personal Development, you might give yourself a “9”. So, shade in nine-tenths of the Personal Development segment, starting from the inside out.

LIFE	1	2	3	4	5	6	7	8	9	10
Work/School										
Family/Single Life										
Extended Family										
Financial										
Living Environment										
Pace of Life										
Hobbies/Recreation										
Physical Fitness										
Personal Development										
Spiritual Life/Causes										