

Life Elements Ideas

Professionalism	Personal Achievement	Organization	Economic security	Autonomy
Being part of a team	Feeling connected	Romance	Popularity	Strong sense of self
Pursuit of knowledge	Stability/predictability	Feeling in control	Not feeling rushed	Opportunity to use my imagination
Spiritual life	Time alone/Me-time	Fun	Silence	Small group of close friends
Spontaneity	Hobbies	Prestige/Status	Work that is stimulating	Work that changes the world
Having a high level of responsibility	Creative endeavors	Good communication with others	A sense of accomplishment	Simplicity
Feeling appreciated	Flexibility in how I use my time	Authority or influence over decisions	Exercise	Reading
Wardrobe that reflects who I am	Feeling respected	Active lifestyle	Time in nature	Regular routine
Physical health	Emotional health	Sleep	Economic security	Autonomy
Nutrition	Feeling challenged	Serving the community	Popularity	Strong sense of self
Prosperity	Opportunity to be my authentic self	Effective technology	Activism	Confidence
Manageable workload	Loving relationships	Close relationships	Not feeling rushed	Opportunity to express myself
Sense of belonging	Advancement opportunities	Happy family	Personal skills development	Profession skills development
Leadership opportunities	New experiences	Clear career goals and direction	Work that is mission-focused	Flexible work schedules
Continuous learning	Using my skill set in meaningful ways	A clean home	A sense of accomplishment	Living my purpose
A home that reflects my personal style	Feeling loved	Competence	Religious community	Ability to donate money
Making a difference in others' lives	Opportunity for collaboration	Time in nature	Traveling	Feeling inspired
Taking risks	Feeling safe	Aesthetics of my environment	Seeking adventure	Entertainment
Enjoying/making music or art	Being a good partner	Feeling beautiful	Good parenting	Family time



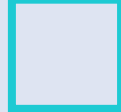
Life Elements Blend[®]

Choose elements essential to your satisfaction in life and write it on the line.

Determine your current and desired level of satisfaction you need on that element. Finally, calculate the gap.

Don't create the blend that someone else thinks you should have or create one worried about what others will think.

Don't try to squeeze multiple elements into one space. Find those most meaningful for you and your fulfillment.

-  = **Current**
-  = **Desired**
-  = **Difference**

