



Simple
MINDFULNESS

How to
Make Sure
Your Life
Doesn't
Suck

How to Make Sure Your Life Doesn't Suck

In each of the following areas of your life, rate your satisfaction level between 1 (sucks) and 5 (amazing!).

Write what it would take to make each area a 5.

Then write *one step* you can take to move you closer to a five and the date you'll take that step. Keep the steps small - baby steps that are in your comfort zone: make a phone call, set up an appointment, send an email, do some research - anything that moves you a bit closer to what you want your life to be.

For descriptions of each area, see the post: [How To Make Sure Your Life Doesn't Suck](#).

Intellectual

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Social

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Physical

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Financial

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Spiritual

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Romantic Relationship

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Parental

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Vocational

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Avocational (Hobbies & Fun)

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when:

Emotional

Rating: _____

- What would a 5 look and feel like:

- One step you're taking to bring you closer to a 5 and when::

Bonus Step

Use all that you've written to create a vision for the life you want. Check out other questions to consider at [How To Make Sure Your Life Doesn't Suck](#). Pull out your journal or pen and paper and start writing.



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Learn More

Learn the simple steps for using mindfulness to add more happiness to all aspects of your life.

[CLICK HERE](#)