

#bestself: Planning for 2020

The new year provides a great opportunity to be thoughtful about how satisfied you are across the many dimensions of life. This is a simple tool that can help you prioritize where you are, and where you should focus to achieve your optimum life and work experience!

Instructions: Rank the following categories by level of importance and then rate your satisfaction level with each – include comments to help explain rankings and ratings.

	What's most important? (1 most important, 6 least important)	How satisfied are you in this area? (1 not satisfied, 10 completely satisfied)	What ideas do you have about changing this space?
Friends & Family			
Health & wellbeing			
Work			
Work Environment			
Learning			
Financial			
Opportunities			
Service / volunteerism			
Spiritual			
Wildcard (What's missing?)			

MINDSET
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