



LIFE DESIGN ASSESSMENT

Your Assessment	Your Dashboard Gauges
<p>List the ways you “work”</p>	<p>Mark where you are: Empty, ¼ Full, ½ Full, ¾ Full, Full</p> <p style="text-align: center;">WORK GAUGE</p> <p>0 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FULL</p>
<p>How’s it going?</p>	<p>List the ways you “play”</p>
<p>How’s it going?</p>	<p>Mark where you are: Empty, ¼ Full, ½ Full, ¾ Full, Full</p> <p style="text-align: center;">PLAY GAUGE</p> <p>0 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FULL</p>
<p>Where is “love” flowing in your life?</p>	<p>Mark where you are: Empty, ¼ Full, ½ Full, ¾ Full, Full</p> <p style="text-align: center;">LOVE GAUGE</p> <p>0 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FULL</p>
<p>How’s it going?</p>	<p>What do you do for your mind, body, & spirit?</p>
<p>How’s it going?</p>	<p>Mark where you are: Empty, ¼ Full, ½ Full, ¾ Full, Full</p> <p style="text-align: center;">HEALTH GAUGE</p> <p>0 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> FULL</p>

WORK/PLAY/LOVE/HEALTH DASHBOARD

Your Current Status

Mark where you are (Empty to Full) on each gauge – Work, Play, Love, Health.

DASHBOARD					
Work	0				FULL
Play	0				FULL
Love	0				FULL
Health	0				FULL

Your Assessment – How's it going overall?

Is there a design problem you'd like to tackle in any of the areas?