

IDENTIFYING AREAS OF IMPROVEMENT

Identify struggles or challenges that you are having in each area of life. Then identify things you can do to improve in each area.
 (See Following Page for Explanation of Each Area)

| What Struggles/Challenges Am I Having In This Area? | | | | | | | | |
|---|---------------|--------|-----------|---------------|----------|---------------|------------------------------|-----------------------------|
| SOCIAL | RELATIONSHIPS | FAMILY | SPIRITUAL | PSYCHOLOGICAL | PHYSICAL | ENVIRONMENTAL | EDUCATIONAL/ INTELLECTUAL | OCCUPATIONAL/ ECONOMICAL |
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| How Can I Improve In This Area? | | | | | | | | |
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Below are explanations of 9 areas of life and questions you may want to ask yourself about each area.

1. **Social** (Effects of Society & Social Norms)

How am I affected by society?

2. **Relationships** (Interpersonal Relationships & Relationship Satisfaction)

How are my relationships?

3. **Family** (Family Patterns & Interactions)

How are my interactions with my family?

4. **Spiritual** (Concept Of Existence Beyond Physical & Mental)

What am I doing for spiritual growth?

5. **Psychological** (Thought Patterns & Emotional/Mental Stability)

How am I psychologically and emotionally?

6. **Physical/Biological** (Physical Health & Diet)

Am I physically healthy?

7. **Environmental** (Home & Community)

Am I in the right physical space?

8. **Educational/Intellectual** (Knowledge & Understanding)

Is there more that I need to learn?

9. **Occupational/Economical** (Job Satisfaction & Economic Stability)

Does my job/career make me happy? Do I have the resources I need and want?