

STATE OF THE UNION EXERCISE

For each life area listed assign a satisfaction rating.  Use a scale of 1-10.

“10” means you are absolutely satisfied with that are of your life, and that you are thriving in it.

“1” means that you are absolutely dissatisfied with that area, and that you are not thriving in it.

\_\_\_\_ Work/Career

\_\_\_\_ Finances/Money

\_\_\_\_ Relationship with Spouse

\_\_\_\_ Sex Life

\_\_\_\_Relationship with Children

\_\_\_\_ Family

\_\_\_\_ Friends/Community

\_\_\_\_ Home/Environment

\_\_\_\_ Appearance

\_\_\_\_ Health

\_\_\_\_ Personal Development/Growth

\_\_\_\_ Spiritual Development

\_\_\_\_ Fun and Play

“Knee to knee” –

1. Share with your spouse the area that you gave the highest score to and why.
2. Share the area that you gave the lowest score to and why.  Don’t problem solve or tell the other person why that is impossible…listen and when they are finished, ask them to tell you more

Any surprises?

Please add up your lowest combines total – put a star beside it

That is just a glimpse of where you are right now.