

Physical Environment

Home
Location
Appearance
Transport

Career / Work

Work hours
Career direction
Purpose / meaning
Performance

Financial Security / Money

Budgeting
Saving
Income
Investment

Health / Wellbeing

Eating habits / diet
Fitness
Sleep
Relaxation
Emotional health
Self care

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Relationship / Romance

Partner
Communication
Intimacy
Space
Sex

Family / Friends

Relationships
Time
Quality
Support
Community

Fun / Recreation

Leisure
Hobbies
Passions
Laughter

Personal Growth

Education
Learning
Reading
Awareness
Connecting
Spirituality

