Life web

Color in each wedge with how fulfilled and/or satisfied you are right now with each area. The more you color in, the more satisfied you feel with that domain.

A sense of control over your work

Work-life balance & recovery

Intimate relationships

Family relationships

Financial security & stability

Relationships with friends and colleagues

WORK & HOBBIES

RELATIONSHIPS

Meaningful work that feels valuable & important in some way

General social support network

Ongoing learning & development

Daily-life function and mobility

PERSONAL GROWTH

HEALTH & FUNCTION

Joy, pleasure & happiness

Body composition & metabolic health

A sense of larger purpose and/or meaningful life values

Physical / athletic performance

Physical environment

Overall health indicators & wellness

Pn PrecisionNutrition