

The Life Areas Map

Two numbers per area, both out of ten, both yours to judge. **Satisfaction** is how the area is actually going right now. **Importance** is how much it matters to the life you want, which is where your values come in. Score every area before you work anything out.

Life area	Satisfaction 0 to 10	Importance 0 to 10	Gap 10 minus sat.	Priority gap x importance
Physical Health				
Emotional Wellbeing				
Relationships				
Career				
Financial				
Growth and Learning				
Fun and Recreation				
Purpose and Meaning				
Environment				
Contribution				

Why multiply and not add. An area you are relaxed about scores near zero however bad it is, because 8×0 is 0. An area that matters but is already going well also scores low, because 1×9 is 9. What reaches the top is a real gap in something you actually care about, so the sheet will sometimes rank your worst score last. That is not a mistake, and it is the most useful thing this page does.

Your top three, and what is in the way

Highest priority first. For each one, name the thing blocking it and say whether it is yours to move. If it is, it becomes a decision. If it is genuinely outside your control, trying harder is not the move.

#	Area and priority score	What is blocking it, and is it yours to move?
1		
2		
3		