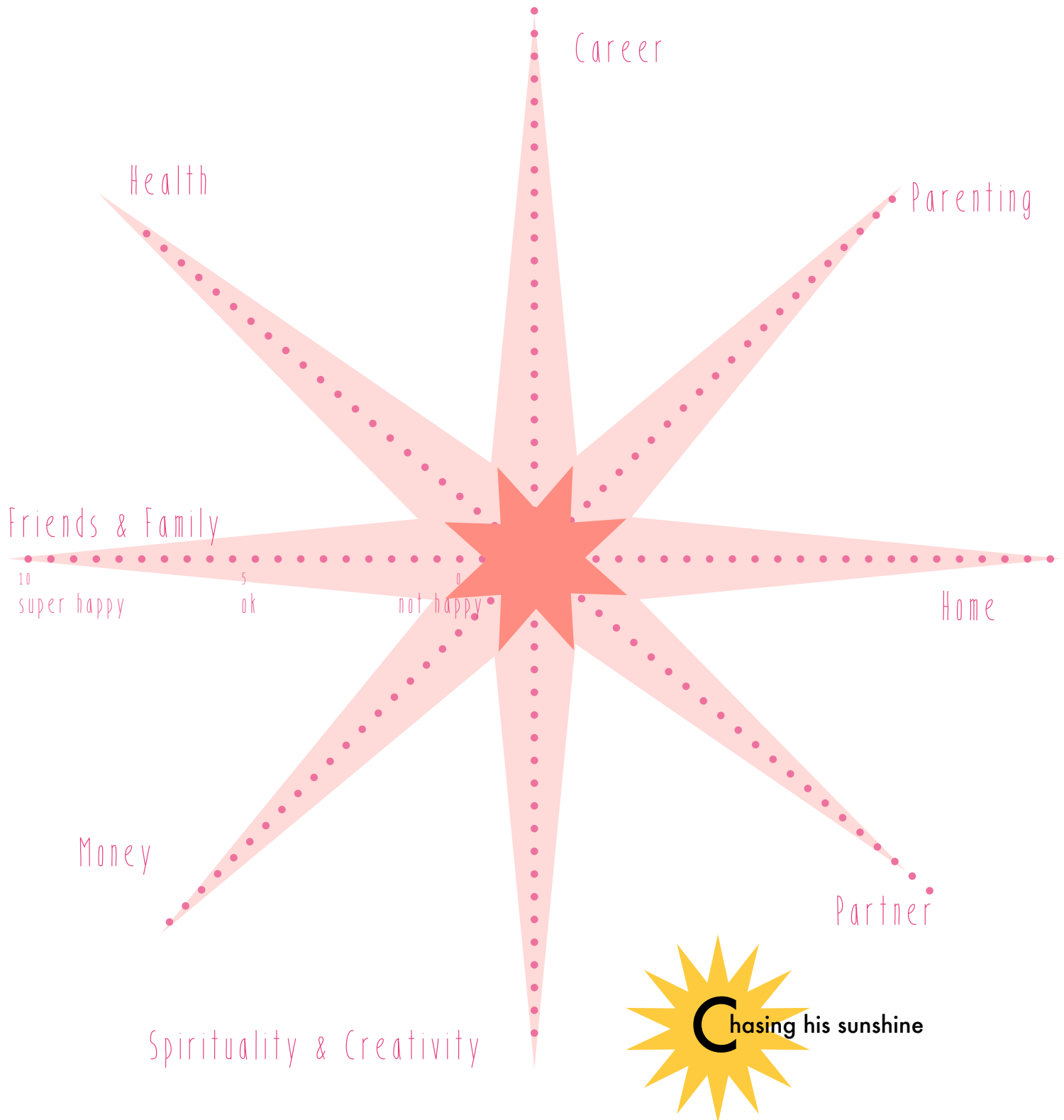


# Step 1 – Contentment Compass



Map out your level of contentment in each of these areas. The closer to the star, the less happy you are about that area. Notice the balance or imbalance.

Do you want to address any imbalances? How? What are you happy about? Not happy about?