Understanding how we are feeling about work and life can help us to make important decisions about how we spend our energy and help us become more engaged and healthy about our activities, hobbies, and work.

1. What activities in *my life* are the most meaningful?

2. What activities in *my work* are the most meaningful?

3. What am I currently doing in *my life* that I like the most?
4. What am I currently doing in *my work* that I like the most?

5. What am I currently doing in *my life* that I like the least?

6. What am I currently doing in *my work* that I like the least?