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**Module 1**

**The 5 Life Tasks**

**3 Social Tasks**

**2 Personal Tasks**

The 2 Personal Tasks

are interrelated

Love

Community

Occupation

The Self

Spirituality

I invite you to answer the questions below.

This exercise will help you to build awareness of where you are today and where you would like to be.

But that’s a lot of thinking and writing, therefore pick the questions you think are important to you now. You can always access this file and put your thoughts into it later.

I encourage you to give yourself the time to go deep and real with your thoughts on the few questions you have chosen to answer.

**Life Task LOVE:**

How satisfied are you with this area in general? 1-10

What would a 10 look like?

What could YOU do to make it a 10?

What would you need from THEM for LOVE to be a 10?

How satisfied are you with your intimate relationship? 1-10

What would a 10 look like?

How would a 10 feel like? Take a moment to answer this question!

What could YOU do to make it a 10?

What would you need from THEM for it to be a 10?

How satisfied are you with your relationship with your own child or children if you are a parent? 1-10

What would a 10 look like?

How would a 10 feel like? Take a moment to answer this question!

What could YOU do to make it a 10?

What would you need from THEM for it to be a 10?

How satisfied are you with your relationship to your family of origin? 1-10

What would a 10 look like?

What could YOU do to make it a 10?

What would you need from THEM for it to be a 10?

Review your answers to reflect whether there is an attitude, a limitation, things you do that, or others do that repeats itself in these relationships. Write it down if you have noticed something.

**Life Task OCCUPATION:**

How satisfied are you with this area in general? 1-10

How satisfied are you with your actual job, if you are actually working? If you are a stay at home parent, that’s a job too. 1-10

How satisfied are you with your relationships at work? 1-10

How satisfied are you with your career path so far? 1-10

What would a 10 look like in this life task?

How would a 10 feel like? Take a moment to answer this question!

What do you want to stop doing for it to be a 10?

What would you need to do for it to be a 10?

**Life Task COMMUNITY:**

How satisfied are you with this area in general? 1-10

How satisfied are you with your friendships? 1-10

How satisfied are you with acquaintances and groups you meet? 1-10

How satisfied are you with your hobbies and leisure time? 1-10

What would a 10 look like in this life task?

What do you want to stop doing for it to be a 10?

What would you need to do for it to be a 10?

What has come clear to you about your 5 Life Tasks in general?