



What Really Matters

Instructions: For each of the ten life domains, rate how important this area is to you on a scale of 0 (low importance) to 10 (high importance) at this moment.

It's okay to have several life domains scoring the same number. Your task is to rate, not rank the domains.

Next, rate how much time & effort you have invested into each life domain during the past 2 months on a scale of 0 (no investment) to 10 (high investment).

Life Domain	Importance 0 = low importance 10 = high importance	Time & effort invested in the past 2 months 0 = no investment 10 = high investment
Family		
Couples / Romantic relationships		
Social relationships / friendships		
Career		
Education		
Recreation / Leisure		
Religion / Spirituality		
Community involvement		
Health / Physical well-being		
Emotional well-being		