

## Facets of Life Fulfillment Worksheet

To succeed in all areas of life, it helps to know what those areas actually are. A facet is one side of something many-sided, like a cut gem or life itself. Imagine life to be a beautiful 10-sided gem, with each facet representing a distinct area of life.

Complete this exercise weekly. Measure each facet of your life in terms of:

**1) Current Fulfillment** (on a scale of 1-10)

*How fulfilled am I in this area?*

**2) Future Improvement** (a formula to flourish)

*How could I find more fulfillment in this area?*

Facet of Life	Current Fulfillment	Future Improvement (formula to flourish)
<b>1. Fitness</b>		
<b>2. Focus</b>		
<b>3. Feelings</b>		
<b>4. Faith</b>		
<b>5. Fellowship</b>		
<b>6. Function</b>		
<b>7. Finances</b>		
<b>8. Fun</b>		
<b>9. Fortress</b>		
<b>10. Formation</b>		

- 1. **Fitness** = physical health
- 2. **Focus** = mental health
- 3. **Feelings** = emotional health
- 4. **Faith** = spiritual health
- 5. **Fellowship** = relationships (family, friends, significant other)
- 6. **Function** = career/calling/contribution
- 7. **Finances** = money management (income/earnings, saving/investing, spending, giving)
- 8. **Fun** = recreation (hobbies, adventure, vacation/travel, relaxation)
- 9. **Fortress** = environment (surroundings)
- 10. **Formation** = personal growth