Give each area of the goal planner map a score between one and ten to show how happy you are now with this area of your life:

1 = it can’t get any worse  
5 = not unhappy, but not happy either  
10 = it can’t get any better

(adapted from the Happiness Scale. Copyright 1995. Used with permission from the authors, Robert Meyers, Ph.D., and Jane Ellen Smith, Ph.D.)