

# SLICE LIFE ASSESSMENT

Imagine if you took a slice out of your life for an overview of where you are today. Use the SLICE tool to assess each segment, what you value most, and understand how all are connected in creating a fulfilling life.

Starting from the center, shade in each segment to the level of current satisfaction. Use a scale of 1-5: 1/5 shaded being unsatisfied to fully shaded being extremely satisfied. You define each segment based on what the description means to you personally. Once complete: notice what seems out of balance with your desired lifestyle so you can focus more energy on those segments.

