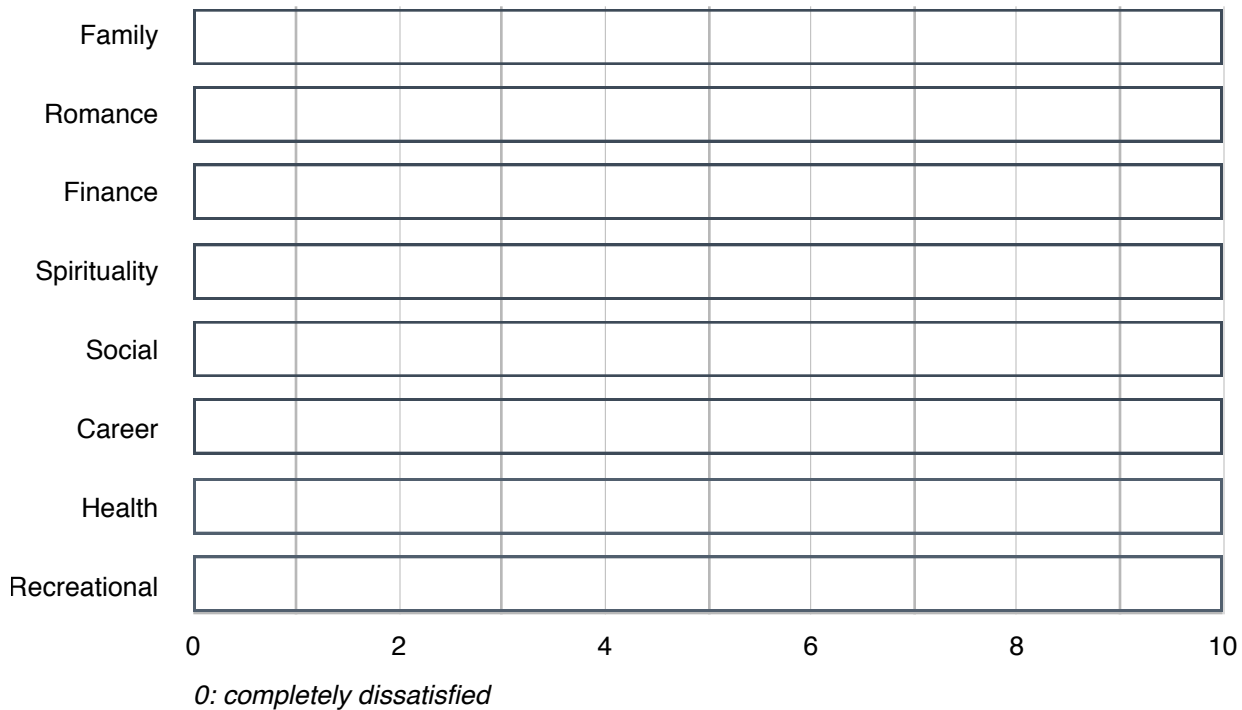


Brooke Randolph



740 East 52nd Street, Suite 9
Indianapolis, IN 46205
317-455-LMHC

Rate your satisfaction in each life area and color/shade in each bar:



What will increase your satisfaction in....

Family? _____

Romance? _____

Finance? _____

Spirituality? _____

Socializing? _____

Work/Career? _____

Physical/emotional health? _____

Recreational? _____

Licensed Mental Health Counselor

Goal:

check one: Family Romance Finance Spirituality Social Career Health Recreation

Important because:

Milestones/Action Steps *(brainstorm steps prior to prioritizing them)*

Prioritized	Describe the Milestone/Action Steps	Target date	Completed ✓