

Feeling and doing

Do you have activities in every area? If you do that's amazing: well done! Chances are though that you don't. Do you have areas where your rating is less than three or four out of five? These might be places where it would be useful to increase your activity.

Can you identify three or four areas where you are not very active? Can you think of any extra activities that you could start to do?

Life value area	Rating 0, 1, 2 or 3	Possible new activity
1		
2		
3		
4		