

# THE SHIFT SYSTEM

## Inner Life Area Assessment

This is an opportunity to reflect on various aspects of your life. Start with **CURRENT SATISFACTION**. On a scale of 1 to 10 with 1 being low, rate your current level of satisfaction in each area.

Now **PRIORITY TO WORK ON**. On a scale of 1 to 10 with 1 being low, rate how important each area is to work on right now. This is not how important it is in your life, but how important it is to work on.

	<b>Current Satisfaction</b>	<b>Priority to Work on at Present</b>
<b>Pace</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Setting</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Rejuvenation</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Belonging</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Lifestyle</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Contribution</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
<b>Companionship</b>	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10

**Here are some definitions to help you get more in touch with the words:**

**PACE:** moving at a rate that is natural or comfortable

**SETTING:** the surroundings or environment in which something exists

**BELONGING:** to be properly situated or placed

**REJUVENATION:** to restore to a former state; make fresh or new again

**LIFESTYLE:** a way of life or style of living that reflects the attitudes and values of a person

**CONTRIBUTION:** to give for a common purpose

**COMPANIONSHIP:** the company of friends and the relationship that exists between them

