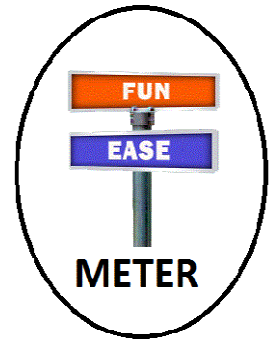


It is important to pause regularly to check in with yourself. By monitoring your level of satisfaction with your *core life connections*, you can make small adjustments and increase your level of fun and ease. This tool is also helpful when you know you want something different but are not quite sure where to start. Your level of satisfaction with your core life connections is a predictor of the level of fun and ease in your life.



Take some quiet time to consider your level of satisfaction with each *core life connection*.

Mark your current level of satisfaction for each connection.

- Is the connection just right?
- Are you craving more connection in a connection?
- Is a connection creating overwhelm?

What do you notice about your connections profile?

