

60-SECOND SNAPSHOT WORKSHEET

This Good Life Bucket 60-Second Snapshot Worksheet has been created for you as a companion tool to the book, *How to Live a Good Life: Soulful Stories, Surprising Science and Practical Wisdom* by Good Life Project® founder, Jonathan Fields.

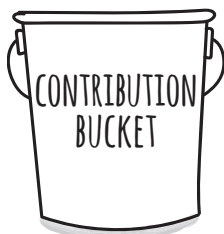
Below, you'll see three buckets, along with the key traits. For each trait, ask "how satisfied am I with this?" Then write a number from 0 to 10 on the line to the left. 0 = extremely dissatisfied, 10 = extremely satisfied and 5 = Neutral.



- ___ Energized, fit, strong, and flexible
- ___ As free from pain, disease, and disability as possible
- ___ Aware, present, and engaged in the moment
- ___ Peaceful, calm, and able to navigate change
- ___ Grateful and growing
- ___ **TOTAL**



- ___ Feel loved, without condition
- ___ Feel strongly connected to good friends
- ___ Feel a sense of belonging to a likeminded community
- ___ Feel connected to something bigger than myself
- ___ Feel a strong sense of connection to my environment
- ___ **TOTAL**



- ___ Feel a sense of meaning in the way I contribute to the world
- ___ Feel my strengths and abilities are fully-tapped
- ___ Feel my actions are aligned with my values
- ___ Feel a sense of purpose and passion
- ___ Feel lit-up, sparked and absorbed
- ___ **TOTAL**

Write your totals for each bucket below. This'll give you a feel for how each bucket is trending over time, which is filling nicely and which might need attention.

60-SECOND SNAPSHOT SUMMARY

VITALITY ___ CONNECTION ___ CONTRIBUTION ___

