

## **ENLIGHTEN EXERCISE #21**

## My Work and Life Index

Understanding how we are feeling about work and life can help us to make important decisions about how we spend our energy and help us become more engaged and healthy about our activities, hobbies, and work.

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1.	What activities in my life are the most meaningful?
2.	What activities in <i>my work</i> are the most meaningful?
3.	What am I currently doing in my life that I like the most?

4.	What am I currently doing in my work that I like the most?
5.	What am I currently doing in <i>my life</i> that I like the least?
6.	What am I currently doing in <i>my work</i> that I like the least?