

Life Revisions

If you had your life to live over again, how much time would you spend... (circle appropriate number)

	<i>MUCH LESS</i>	<i>LESS</i>	<i>SAME</i>	<i>MORE</i>	<i>MUCH MORE</i>
1. In family activities	-2	-1	0	+1	+2
2. In your relationship with your spouse	-2	-1	0	+1	+2
3. In your relationship with your children	-2	-1	0	+1	+2
4. In your relationship with your siblings	-2	-1	0	+1	+2
5. With friends/staying in touch with friends	-2	-1	0	+1	+2
6. In social activities	-2	-1	0	+1	+2
7. Pursuing hobbies/personal interests	-2	-1	0	+1	+2
8. In work activities	-2	-1	0	+1	+2
9. Developing your career	-2	-1	0	+1	+2
10. Planning your finances	-2	-1	0	+1	+2
11. Reading/keeping current on topics	-2	-1	0	+1	+2
12. Taking courses/getting education	-2	-1	0	+1	+2
13. Learning new skills/ activities	-2	-1	0	+1	+2
14. Traveling	-2	-1	0	+1	+2
15. Doing things you enjoy	-2	-1	0	+1	+2
16. Relaxing	-2	-1	0	+1	+2
17. Worrying	-2	-1	0	+1	+2
18. Watching TV	-2	-1	0	+1	+2
19. In daily personal/household maintenance	-2	-1	0	+1	+2
20. On your physical appearance	-2	-1	0	+1	+2
21. Exercising/taking care of your body	-2	-1	0	+1	+2
22. Maintaining good eating habits	-2	-1	0	+1	+2
23. Developing your spirituality	-2	-1	0	+1	+2
24. In charitable/community activities	-2	-1	0	+1	+2
25. Planning for the future	-2	-1	0	+1	+2

Name

Age

Date