

Your Happiness Portfolio[®] Action Plan



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My Action Plan

For the next: _____

Record your current satisfaction rating and amount of time you wish to allocate for each Life Arena. Reflect on your vision of what you want each arena to be like and write the steps you want to take to make that happen.

Professional	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			
Primary Relationship	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			

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Family and Friends	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			
Giving Back	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			

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Record your current satisfaction rating and amount of time you wish to allocate for each Life Arena. Reflect on your vision of what you want each arena to be like and write the steps you want to take to make that happen.

Health and Aging	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			
Leisure	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			

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Self-Development	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			
Spirituality/Religion	Current Satisfaction:	Time Allocation: Current	Ideal
My Vision			
Action Steps			



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