

Module Two; Activity One



Facilitator Instructions:

Facilitator writes the following on the board: **Physical Environment, Fun & Recreation, Intimate Relationship, Health, Finances, Career, Personal Development, Friends, Family.**

Tell the group that as you read each of the Areas of Life aloud to them, you would like them to think about the areas that are most important to them and the ones that are less. After reading, handout the blank My Life Satisfaction Levels chart. Instruct the group to now prioritize the Areas of Life that are on the board, in order from Most Important to you, to Least Important, starting in box 1) on the left hand side. (Ex. 1) Most Important, 2) Next most important, and so on until you get to 9) Least Important).

Once done, have the group members quickly share their 3 most Important and 1 Least important with the group.

A) Now, have the group fill in the Satisfaction Scale starting in the first blue box on the left, write 0 all the way to 10.

		-	-	-	-		-	-	-	-	
	0	1	2	3	4	5	6	7	8	9	10
Friends											

B) Next, above the 0 have them write No Satisfaction, above the 5 write Somewhat Satisfied and above the 10 write Very Satisfied

	No Satisfaction	-	-	-	Somewhat Satisfied	-	-	-	Very Satisfied		
	0	1	2	3	4	5	6	7	8	9	10
Friends											

Now that the chart is ready to go, have clients shade in their level of satisfaction starting from left to right, and stop at the number on the scale they feel they are at with each area of life.

Have group members show and talk about what they put and the reasons why.