

# 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.

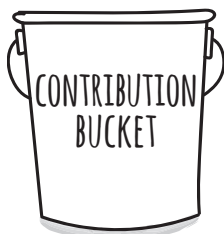
Below, you'll see three buckets, along with the key traits. For each trait, ask "how satisfied am I with this?" Then write a number from 0 to 10 on the line to the left. 0 = extremely dissatisfied, 10 = extremely satisfied and 5 = Neutral.



- \_\_\_ 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 \_\_\_

