

PURSING A SATISFYING LIFE

ARE YOU GRATEFUL FOR THE LIFE YOU ARE LIVING?

WAYS TO REFLECT AND LIVE A MORE SATISFYING LIFE:

- Who & what is important to me?
- What routines and disciplines do I want in my life? - Disciplines such as the following: physical exercise, adequate sleep, healthy eating, prayer, reading, worship, thinking & reflection, community service, etc.
- What are my skills, my strengths, and my interests and how do I find ways to express these parts of who I am in my daily life?
- What are my values and how do I honor them in all aspects of my life?
- What do I find most satisfying about my life today?
- What are the best parts of my work life and what do I want to be doing more?
- How can I better bring together what I love doing and the work I do to make a living?
- How can I have a satisfying balance between my personal and professional lives?
- What dreams and goals do I have for my life and for my family?
- Have I thought about another kind of work I want to pursue?
- What practices in my life today interfere with what I want for the “big picture” of my life?

MAKING USE OF THESE QUESTIONS:

1. Take some regularly scheduled time (Daily or weekly) to reflect, journal your responses, and plan your desired changes
2. Talk regularly with a friend who is also interested in directing their life so you can both clarify and implement your desires
for your lives
3. Seek the support of a life coach—Chet Mulholland & Christina Gandhi would be delighted to listen, talk with, and guide
your in exploring and living a more fulfilling and satisfying life.

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