



need more direction in your life?

Do you know what's important to you? What it is that you value? Do you ever take the time to stop and think about it?

If you're not sure, then take this simple self-audit to find out where you are and how best to prepare for the direction you'd like to be headed.

Area	Question	Mostly	Sometimes	Could be better
Family	Am I investing time in developing new relationships?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Am I actively taking steps to enhance existing relationships with family and friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Career	Am I enjoying my work?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Am I developing new skills and working in a field that provides variety?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Do I feel a sense of accomplishment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community	Am I seeking ways to contribute to causes, charities etc?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Have I identified areas in the community where I have similar beliefs/attitudes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Time	Have I identified an interest or activity that provides a sense of enjoyment or accomplishment where I can lose myself?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you ticked Sometimes or Could Be Better in certain areas it may be time to take a closer look at what's working and what's not in your life.

This isn't easy and does require some self analysis and honesty.

Here's a guide to get you started. But this is just the beginning. If you want to delve into this further, there are organisations that specialise in helping people with exactly these questions.

Area of your life	What's working	What isn't	What do you want to change?
My Family			
My Career			
My Wellbeing			
My Community			
My Time			

For more information visit the Happiness Institute www.happinessinstitute.com.au, or www.ipac.com.au/lifedirections.