



Detached Observer

1. Complete the Detached Observer Online Exercise
2. Mentally view the various aspects of your life – your career, your relationships, your finances, your health, your lifestyle, your home and your life balance, and fill in the table.

Areas of my life	Fulfilling and joyful	Mediocre	Depleting and unhappy
Relationships: Family Partner / Spouse Children Parents Siblings			
Relationships: Friends / Colleagues			
Health			
Career / Work			
Finances			
Lifestyle			
Home			
Life Balance			
Other			