

# The Spangle Jelly Web

~or~

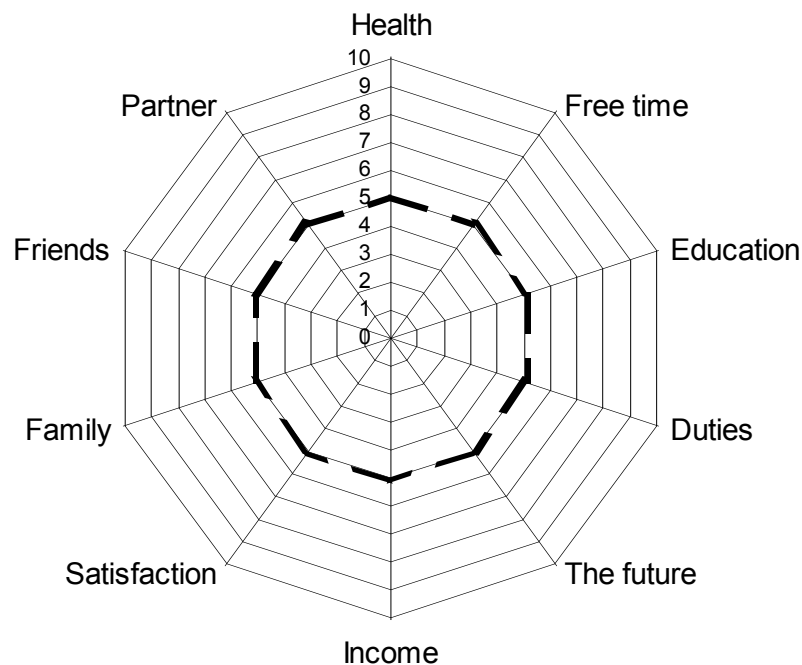
## Your life in a second

There's more to everybody's lives than work, and achieving a equal balance across each area is important. To assess this quickly, we have developed a Spangle Jelly Web, which gives a quantified, easy-to-use indicator of just how life is going for you right now.

First, rate your happiness in each of the following areas out of 10:

Personal					Career		Relationships		
Health	Free time	Education	Duties	The future	Income	Satisfaction	Family	Friends	Partner

Plot these onto the Spangle Jelly Web below, join the points and shade the enclosed area.



The greater the area that you've covered, the better you feel about life in general. You should aim to improve any item below 5/10 (the dotted line), or whatever is lowest in score. You may also find that one area or two is especially strong at the expense of another. Try to make sure that wherever you try to improve doesn't come at the expense of your happiness elsewhere.

If you find this a useful summary, try filling in these sheets on a regular basis, to identify how your feelings or situation have changed.