Is there more to life than this?

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Your six-area life snapshot

A 10-minute, honest look at where your life is now, and where it is quietly asking for more

Name: _____

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BEFORE YOU START

Why a snapshot?

Most of us feel the "is there more?" question long before we can name it. This snapshot turns that feeling into something you can see on one page, so you know where to start.

The six areas

- **Work:** what you spend your days doing, and whether it uses what is best in you
- **Money:** whether your income gives you enough, and how you feel about it
- **Energy:** your health, rest and the strength you bring to each day
- **Relationships:** family, friends and the people you do life with
- **Growth:** learning, faith and becoming who you were made to be
- **Contribution:** the difference your life makes for other people

How to score

1. Give each area a score out of 10 for how **satisfied** you are right now.
2. Give it a second score out of 10 for how **important** it is to you.
3. Work out the **gap**: importance minus satisfaction.
4. Write one sentence of evidence for each score: something that actually happened, not a feeling.

Find a quiet 10 minutes, be honest rather than generous, and remember: a big gap is not a failure. It is information, and often the first sign of what you were made for.

FREE LIFE SNAPSHOT

Six-area life snapshot

> *"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."*
> **Ephesians 2:10**

Score each area out of 10 for how satisfied you are now and how important it is to you. The gap is importance minus satisfaction. Add one sentence of evidence for each.

Area	Satisfied /10	Important /10	Gap	Evidence for my scores
Work				
Money				
Energy				
Relationships				
Growth				
Contribution				

My two biggest gaps (in areas I rated 7+ for importance):

If nothing changes in the next five years, I will feel...

The part of my life that most wants more is...

Check your work

- ☐ Every score has real evidence
- ☐ I was honest, not generous
- ☐ My top gaps are things I can influence

What your snapshot is telling you

If your biggest gaps are in work, money or contribution, you are not ungrateful and you are not alone. That restless "is there more?" is often the first nudge towards the work you were created to do.

The **Passion to Purpose to Profit** programme is six weeks with a small group of women (12 at most), live coaching and personal 1-on-1 check-ins. Together we move from that nudge to a clear passion, a defined purpose, and a practical business plan you can start while you still work your current job.

See the programme and the founding group details here:
https://3dad-renate.systeme.io/59f227c9

Or simply reply to my email and tell me your biggest gap. I read every reply.

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