

What a Good Life Means to You

Write your own definition of a life worth having, in your words.

WHEN TO USE THIS

Use this when other people's measures of a good life do not fit yours.

Finish the sentence in your own words: a good life, for me, is one where...

Tick anything that belongs in yours.

- ☐ People I can count on
- ☐ Work that is worth doing
- ☐ Enough money to not be afraid
- ☐ Health I can live with
- ☐ Something to look forward to
- ☐ Somewhere that feels like home
- ☐ Time that belongs to me

Which parts of that do you already have?

Which one would you most want to build toward?

Yours does not have to look like anyone else's to be a good one.