

HAPPINESS SCALE



Complete the scale by drawing a horizontal line across each bar at the number that best represents your current level of satisfaction in each functional area. Also, rate your overall level of happiness.

Happiness Scale: 10 = Totally satisfied; 1 = Absolutely miserable.

10										
9										
8										
7										
6										
5										
4										
3										
2										
1										
	WORK	LEISURE	LOVE	HOME	MONEY	HEALTH	TRAVEL	ENVIRONMENT	FRIENDS	FAMILY

THE FUNCTIONAL AREAS

At the Planning Meeting, partners complete their Summit Talk Agenda by determining the personal agenda items they want to address in the Discussion and Decision-Making phase. The ten functional areas of a partnership provide an organizing concept for developing this part of the agenda. Remember, functional areas are the broad categories of the life of the contemporary couple. Thinking in terms of these functional areas makes it easier to sort out problems and conflicts that must be resolved and define issues that must be addressed. Although many personal agenda items are interrelated, any topic a partner wants to discuss should fit, at least roughly, into one of the following ten functional areas:

WORK: This term describes any area of activity that has economic significance to the partnership whether or not it results in a paycheck. In addition to the activities traditionally considered "work," this definition includes housekeeping, child-rearing, and managing the social life of the partnership.

LEISURE: This category includes all activities outside of work in which partners engage and from which they gain personal satisfaction. It embraces recreational, social, cultural, philanthropic, athletic, political, and religious pursuits.

LOVE: This is the realm of emotional, physical, intellectual, and spiritual connections between two people.

HOME: This area comprises the range of day-to-day domestic activities from housework to cooking to laundry to walking the dog. It also includes topics of long-range concern, such as major home repair, maintenance, or renovation.

MONEY: This functional area includes all the practical issues about making, saving, and spending dollars. It also embraces the more subtle issues of power and authority as they relate to money matters in the partnership.

FAMILY: This category deals with relations between and among immediate and extended family members, including parents, in-laws, children, and siblings.

HEALTH: This area deals with the physical, mental, emotional, and intellectual well-being of each partner.

TRAVEL: This could be considered a subset of Leisure, but it is given its own heading to distinguish travel-related activities from day-to-day leisure-time activities. It embraces vacations, exotic adventures, weekend jaunts, or trips of any length that require forethought and planning.

ENVIRONMENT: This category covers issues about where to live, including type of dwelling, neighborhood, community, and geographic area.

FRIENDS: This functional area deals with relations with anyone from best buddies to business acquaintances.