



Juicy Factor Scale

This exercise is about noticing what is going on right now with your current satisfaction of how JUICY your life is **at this moment**. Not yesterday or tomorrow – simply right now. Yes, circumstances, situations and things change. And you will be allowed to change your answer.

What's important is where are you right now?

On a scale of 1 – 13, (1 being low, 13 being sky-high) how JUICY is your life?



What's going on today that allowed you to **choose** your current rating?

What would need to be different today to allow you to have chosen a 13? *(or if you are at a 13 today, a 23?)* Design it. Take the next 5 minutes and write about what would be going on in your life if the Juicy Factor scale was at a 13 for you.

Be specific.