

# Life Domains

## Adults

### 1 Professional realm (Seed chart, slice #2)

- Occupation / Work / Career/ Studies
- My development
- What kind of environment I'm creating

### 2 Intimate Relationship(s) (Seed chart, #3)

- Spouse / partner / significant other / romantic relationships
- Romantic focus (dating, relationship status, depth of emotional connection,...)
- Physical focus (tenderness, sensuality, sexuality; sexual identity, orientation, practices and interests)
- Logistical aspect (creating a household, planning vacations,...)

### 3 Parental figures (Seed chart, #4)

- Parents, parental figures, grandparents
- Whether you take care of them or them of you
- My relationship with them
- What I want to be for them
- The points of tension with them

### 4 Children (Seed chart, #6)

- Kids, grandkids, parental relationships to young people that feel like your kids (nieces/ nephews, goddaughter/son, big brother/sister relationship,...)
- My relationship with them
- What I want to be for them
- The points of tension with them
- Decisions, hesitations, questions and/or challenges around becoming a parent or taking on a parental role

### 5 Siblings, Extended family, Friends (Seed chart, #5)

- My relationship with them
- What I want to be for them
- The points of tension with them

### 6 Me (Seed chart, #7)

- Emotional / Mental health
- Physical health / Physical exercise
- Physical appearance
- Recreation, Fun, Hobbies, Rejuvenation, Artistic interests
- Faith, Spiritual health

## Minors

### 1 Professional realm (Seed chart, slice #2)

- School / Studies / Work / Career
- My development
- What kind of environment I'm creating

### 2 Romantic interest (Seed chart, #3)

- Significant other, People of interest
- Romantic focus (dating, relationship status, depth of emotional connection,...)
- Physical focus (tenderness, sensuality, sexuality; sexual identity, orientation, practices and interests)

### 3 Parental figures (Seed chart, #4)

- Parents, parental figures, grandparents
- Whether you take care of them or them of you
- My relationship with them
- What I want to be for them
- The points of tension with them

### 4 Siblings, Extended family (Seed chart, #5)

- Extended family can be older (aunts, uncles) or peers/younger (cousins)
- My relationship with them
- What I want to be for them
- The points of tension with them

### 5 Me (Seed chart, #7)

- Emotional / Mental health
- Physical health / Physical exercise
- Physical appearance
- Recreation, Hobbies, Rejuvenation, Artistic interests
- Faith, Spiritual health

### 6 Friends (Seed chart, #6)

- My relationship with them
- What I want to be for them
- The points of tension with them

**7 Logistics (Seed chart, #8)***Physical environment*

- *Where to live? What set up?*
- *People I live with*
- *Working from home*
- *Sharing responsibilities*
- *Daily chores*
- *Projects and maintenance (home repair, cleaning garage...)*

*Financial*

- *Financial health (savings, debts, investments, taxes,...)*
- *Relationship to money (fears, scarcity,...)*

**8 Planet / Community (Seed chart, #1)**

- *Spiritual community, neighbors,....*
- *Community service, volunteering,...*
- *Activism*

**7 Logistics (Seed chart, #8)***Physical environment*

- *Organizing my room/study space*
- *People I live with*
- *Sharing responsibilities, chores*

*Financial*

- *Financial health (savings, debts, investments, taxes,...)*
- *Relationship to money (fears, scarcity,...)*

**8 Planet / Community / Spiritual (Seed chart, #1)**

- *Spiritual community, neighbors,....*
- *Community service, volunteering,...*
- *Activism*