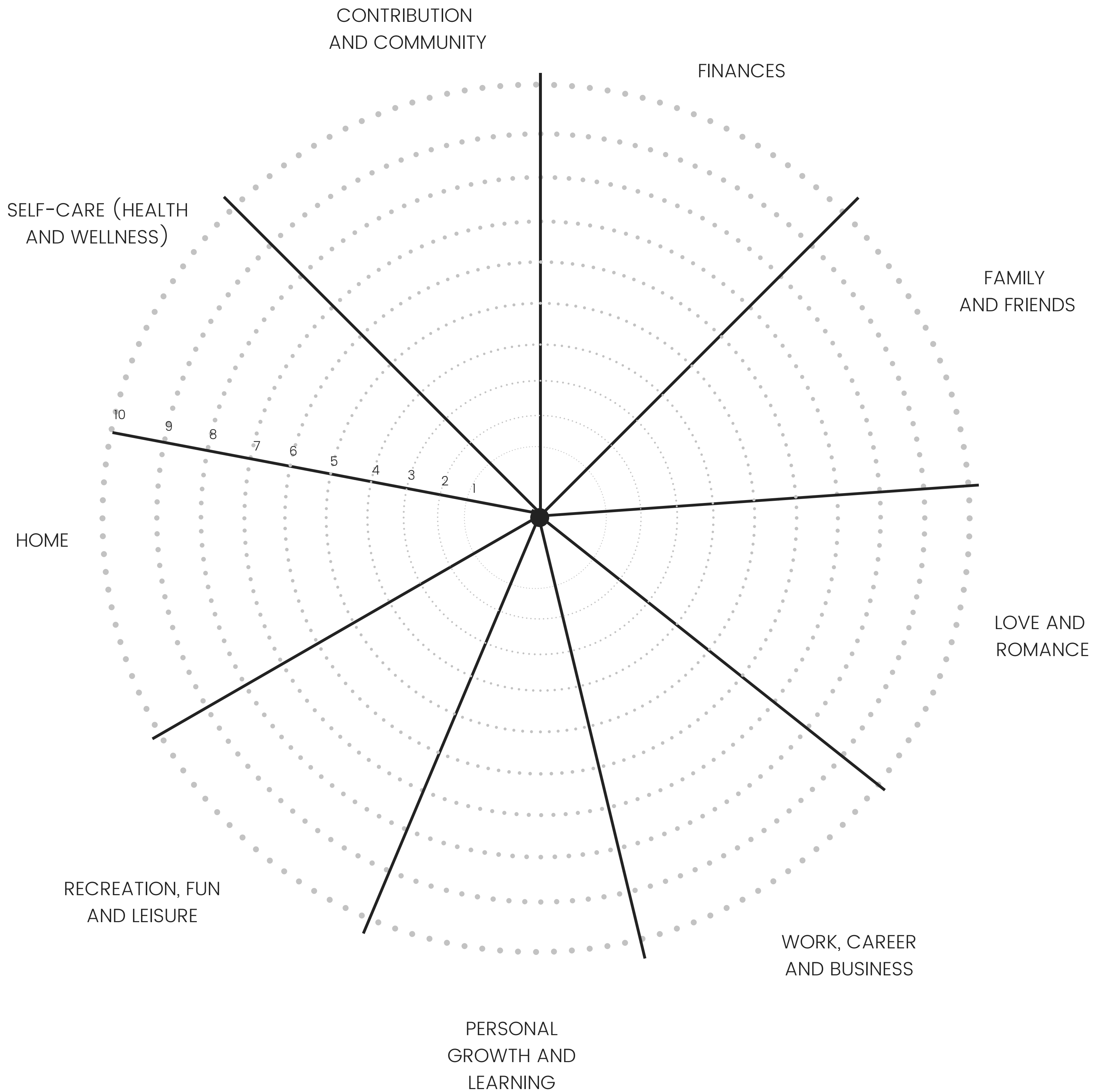


Date:



My life area that I scored most happy with is...

My life area that I scored least happy with is...

Am I moving closer to my dreams, standing still or falling behind?

Are you giving your dreams all that you can?

Is what you are doing today, getting you closer to where you want to be tomorrow?

Write a list of the things that make you happy?

What are the top 3 most important areas of your life that you would like to focus more on....

1.

2.

3.

If you were to write a book about your life, what would you best chapters so far be called?

Looking at your life balance circle, do you think you have a happy balanced life?

Am I more concerned with how my life looks or feels?

Am I inspired by my own life?

What will the next chapter be called?

Do I support those around me?

Am I committed to pleasing others at the sacrifice to myself?

If I died tomorrow what would I regret most?

Am I comfortable being myself?

What are you missing in your life that is important to you?

Life would be better if I could just change.....

