

What's Missing in Your Life? Take the Quiz!

1. Health

Rate the Following on a Scale of 1(horrible) -10(amazing!)

2. Career

3. Finances

4. Spouse/Partner

5. Family

6. Friends

7. Fun/Recreation/Adventure

8. Physical Environment

9. Community

10. God/Spirituality

For each of the areas in your life to the left, evaluate:

What's Going Well?

What's Not Going Well?

What Do You Want to Change?

Which areas did you score the HIGHEST? LOWEST?

Choose ONE area you want to PRIORITIZE and brainstorm here, some actions you can take to improve in that area?

Pick ONE first step and GO!