

AREAS IN LIFE TO FOCUS ON

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At no time will all the areas in your life be up to par and perfect. It is your job to reflect and try to live a balanced life; so if one area falls apart, you have other things which you are passionate about and care about to fall back into.

LISTED IN ORDER OF IMPORTANCE: Each of these areas should be given a strong amount of attention, care, and love in order to develop them into large parts of your life.

1. Spirituality / Knowing yourself

- a. What are you currently doing to grow your spirituality? Whether that be with a god or not. Do you know who you are? Your identity / what you want? Check out this ted talk to learn the importance:
http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes

2. Growth/ Learning

- a. What are you doing to learn more and grow? Learn about yourself; educate yourself on topics, (insert), etc.

3. Family/Friends/ Social Relationships

- a. What are you doing to strengthen your relationships with friends and family? How are you growing closer with them and developing stronger relationships? How are you taking charge to make things better?

4. Health/ Fitness

- a. What are you doing to improve on your health and well being? What are you doing to work out, what are you eating, etc.

5. Career/ Business/ Work

- a. How are you improving your career and work environment? Are you treating those you work with fairly, are you moving forward in a positive direction? Do you have passion for what you do? If not, are you looking for that career you have passion for daily?

6. Fun

- a. What are you doing for fun? Are you actively seeking things to do on a weekly basis to free your mind from the daily grind and live in the moment? Let loose and have pleasure in your life?

7. Community

- a. What are you doing to give back? How are you helping the community you live in? Are you taking part in a group and taking a leadership role, using your skills to help, etc?

8. Home/ Physical Environment

- a. How is your home environment? Do you keep your home clean, neat, and orderly, or is it chaotic, messy, and unsanitary? How are your relationships with those you live with? Can they be improved?

9. Partner/ Love/ Relationship

- a. What are you doing in you love life? Are you treating those you have romantic interactions with fairly are you opening yourself up and being vulnerable, taking chances, yet not settling and keeping your integrity and honestly intact?

10. Money/ Finance

- a. What are your financial goals, and how do you plan on reaching them? Do you have a plan in place, do you know how your career will help you reach those financial goals, etc?