

## What Do I Want In The 7 Areas of MY Life?

### **Biological**

Brain \_\_\_\_\_

Physical \_\_\_\_\_

### **Psychological**

Mental \_\_\_\_\_

Emotional Health \_\_\_\_\_

Thinking Patterns \_\_\_\_\_

### **Relationships**

Self \_\_\_\_\_

Children \_\_\_\_\_

Significant Other \_\_\_\_\_

Family / Friends \_\_\_\_\_

### **Spiritual**

God \_\_\_\_\_

Beliefs \_\_\_\_\_

### **Professional**

\_\_\_\_\_

\_\_\_\_\_

### **Financial**

\_\_\_\_\_

\_\_\_\_\_

### **Personal Development**

\_\_\_\_\_

\_\_\_\_\_



My perfectly healthy psychological life is:

My personal relationship life looks like:



In my professional life I:

My perfect financially healthy lifestyle looks like:





