































Evaluate Your Life Day

For each element, circle the symbol that best describes how you feel.

Then, decide if you're ready for change in this area.

Pick two or three areas you want to focus on.

Write your action plan. What will you start TODAY?

Element	How are you doing?	Ready for change?	What can you do TODAY to make things better?
Career	  	 	
Relationships	  	 	
Physical Health	  	 	
Mental Health	  	 	
Learning	  	 	
Financial	  	 	
Spirituality	