

## Overview of Life and Experience

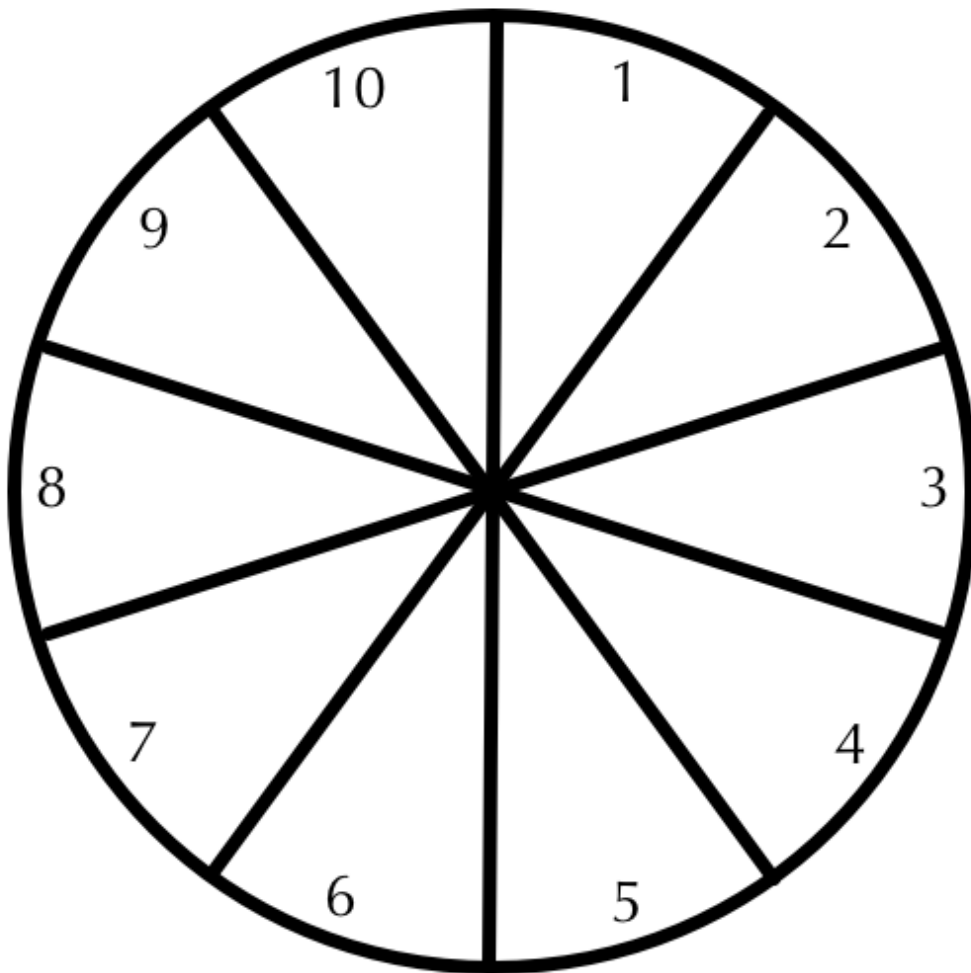
1 = Creativity and self-expression      6 = Self-love and appreciation

2 = Health and physical expression      7 = Education and “future-proofing”

3 = Emotional connection and mutual support      8 = Sensible stuff; finances, planning, admin

4 = Career and work satisfaction      9 = Joy, fun, spontaneity

5 = Intimacy and love      10 = Downtime, away-from-screen time, doing nothing



## Areas I Want to Work and The Action I Want to Take

I recommend choosing up to three area of life to focus on, and between one and three actions to take for each.

First area of life:	
Action 1	
Action 2	
Action 3	

Second area of life:	
Action 1	
Action 2	
Action 3	

Third area of life:	
Action 1	
Action 2	
Action 3	

Any other notes: