

# What's Going on in Your Life?

Rate each area in your life with a 1, 2, or 3.

1 = This area is in desperate need of an overhaul

2 = This area could use some tweaks

3 = This area is freakin' amazing

	Rating	Goal
I have plenty of fun in my life	_____	_____
I have ways to regularly express my creativity	_____	_____
My job (including being a parent) is going well	_____	_____
I learn new things continually	_____	_____
My closest relationships feel healthy	_____	_____
I eat healthy foods most of the time	_____	_____
I make time for tranquility	_____	_____
Exercise is a regular part of my life	_____	_____
I have used my stove in the last week	_____	_____
I feel financially stable	_____	_____
Sleep is a non-negotiable	_____	_____
I have an active social life	_____	_____
I am satisfied with my sex life	_____	_____
Overall, my health is pretty good	_____	_____
I have some form of a spiritual practice	_____	_____
My clutter is under control	_____	_____
I count on myself to feel happy	_____	_____
I am pursuing at least one of my dreams	_____	_____
I practice self-care	_____	_____
Water is my drink of choice	_____	_____
I like to jump out of my comfort zone	_____	_____
I have clear purpose in my life	_____	_____

First rate each statement with a 1,2,or 3.

Then write a goal for THOSE STATEMENTS THAT HAVE #1 next to it. Use the back of the sheet if you need more room. These are areas that badly need your attention. When are needs are not being met, we often turn to food to compensate.