What matters to me, area by area

The kind of person you want to be in each part of your life.

Name _____ Date _____

For each area, write a few words about how you want to behave and what you want to stand for. Not what you want to get or how you want to feel. Skip any area that does not matter to you. Then rate how important it is, and how closely your actions have matched it lately.

Area	The kind of person I want to be here	Importance (0 to 10)	Living it (0 to 10)
Partner or intimate relationship			
Parenting and family			
Friends and community			
Work, study or contribution			
Health and body			
Fun, rest and creativity			
Growth, learning or spirituality			

Where is the biggest gap between importance and how I am living?

One small thing I could do this week to close it a little

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