

	Accomplishments	Achieved how?	Hours now	Hours in future
Financial				
Health				
Social				
Family				
Spiritual				
Career				
Community				
Mental				
Fun				

1. What accomplishments would you like to see in the following spheres of life? Fill in the table overleaf.

2. With each sphere, write a way you can ensure this accomplishment happens. Fill in the table overleaf.

3. Fill in the rest of the sentence: " When I leave this world, I want to be known for..."

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4. Write how many hours do you devote to each sphere in a week? Fill in the table overleaf.

5. How many hours should you devote to each sphere in a week? Fill in the table overleaf.

6. How do you track change in your progression?

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7. My dream in life is...?

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8. Write down three actions to make this dream come true:

i.

ii.

iii.

9. The purpose of my life is...?

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