|  |  |  |
| --- | --- | --- |
| **Future**  Today’s Rating: \_\_\_\_\_\_ | | **Finance**  Today’s Rating: \_\_\_\_\_\_ |
|  | |  |
| **Freedom**  Today’s Rating:\_\_\_\_\_\_ | | **Family**  Today’s Rating: \_\_\_\_\_\_ |
|  | |  |
| **Fitness** | | **Faith**  Today’s Rating: \_\_\_\_\_\_ |
| **Physical**  Today’s Rating: \_\_\_\_\_\_ | **Mental**  Today’s Rating: \_\_\_\_\_\_ |  |

**Rating Scale**

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**Guiding Questions**

1. On a scale of 1 (worst case) to 10 (Perfect Day), rate each section as it seems today.
2. In each section, describe what would make it a 10. Don’t get hung up on what’s possible or likely. Just focus on what you want or how you wish it to be (think best-case scenario!).
3. For each section, what small steps can you take today to move you in the direction of a 10? Think about practical and actionable steps.

**Tips**

When you have completed all three steps, pick the areas (a maximum of two) that, if improved, would have the greatest positive impact on your life. Set out a plan to implement the action steps from Question 3.

Reference this sheet when you feel lost or unfocused. Review at regular intervals to monitor progress and update goals. Complete a new sheet if/when you feel goals need to be updated.

**Notes**