

My 4 Life Balance Domains

Write the least desirable situation on the left, and the most aspirational on the right. Mark the NOW row where each area sits today, then in another colour mark the GOAL row where you'd like it by the end of your time frame. You'll notice there are only nine squares. Ten is perfection, and perfection is overrated.

{Home}

LEAST DESIRABLE123456789MOST ASPIRATIONAL

My Space

NOWGOAL

Money

NOWGOAL

Food & Meals

NOWGOAL

{Heart}

LEAST DESIRABLE123456789MOST ASPIRATIONAL

Inner Circle

NOWGOAL

Friends & Family

NOWGOAL

Community & Belonging

NOWGOAL

{Body} & {Soul}

Same deal: NOW on top, GOAL below, nine squares, no perfection.

		{Body}											
		LEAST DESIRABLE	1	2	3	4	5	6	7	8	9	MOST ASPIRATIONAL	
Physical Health			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	
Mental Health			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	
Self-Care & Appearance			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	

		{Soul}											
		LEAST DESIRABLE	1	2	3	4	5	6	7	8	9	MOST ASPIRATIONAL	
Spirituality & Values			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	
Creativity & Hobbies			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	
Purpose & Contribution			☐	☐	☐	☐	☐	☐	☐	☐	☐	NOW	
			☐	☐	☐	☐	☐	☐	☐	☐	☐	GOAL	

The squeaky wheel

Which area has the biggest gap between NOW and GOAL? That's where this season's attention goes first:
