

Intentional Living Evaluation

How are you? Seriously. Let's look at each time wealth area of our lives and do a little reality check so we can cultivate what matters this year.

As you look at each area, consider how you are doing in each one. Give yourself a rating between 1 and 10, along with a few thoughts on why you chose that number. 1 means you are not satisfied and want to see change. 10 means you are very happy with this area.

As you evaluate each of these areas, don't get stuck on the negative. Allow yourself to answer honestly, and don't forget to write in some positive thoughts as well!

HEALTH

1 2 3 4 5 6 7 8 9 10

SPOUSE / SIGNIFICANT OTHER

1 2 3 4 5 6 7 8 9 10

FAMILY

1 2 3 4 5 6 7 8 9 10

FRIENDS

1 2 3 4 5 6 7 8 9 10

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Be sure to focus your attention on Father, Jesus, and Holy Spirit for their direction and perspective on these important areas of your life.

Remember this: What you write down is just a baseline. It's not right or wrong. Know that each thing you have written down is a potential area for you to make completely new in your life.

SPIRITUAL & PERSONAL GROWTH

1 2 3 4 5 6 7 8 9 10

WORK / VOCATION

1 2 3 4 5 6 7 8 9 10

FINANCES

1 2 3 4 5 6 7 8 9 10

RECREATION

1 2 3 4 5 6 7 8 9 10