

4 Quadrant Life Self Assessment

A self-reflection tool inspired by Dawn Johnson Empowers – So Tru Network on YouTube

✨ Retire the cape. Gain perspective. Find harmony ✨

STEP 1: Visualize Your Quadrants

Think of your life in 4 Quadrants. Draw a horizontal line down the middle of a piece of paper and a vertical line across the middle to create 4 quadrants. Label each box as indicated below. List tasks and activities performed each day under each category. Be very specific about every minute of every day so that your time each day for all quadrants totals 24 hours or 1,440 minutes.

- **“Musts”** – Non-negotiables: hygiene, sleep, family, responsibilities, commute
- **“Money Work”** – Job, business, or hustle that pays the bills
- **“Meaningful Work”** – Soul-stirring work: passion, volunteering, hobbies, non-bill paying hustle
- **“Moments”** – Fun, play, joy, restoration

Each of these quadrants serve an important purpose for an enriching life. However, if these quadrants aren't managed with intentionality, you may find it hard to maintain satisfaction, find joy, peace and purpose. This exercise is designed to help you step outside of yourself and really see your life on one piece of paper so that you can make intentional changes towards your ideal life, the life you truly want, the life you deserve with joy and harmony.

STEP 2: Track Your Time

Think back over the past 7 days. Write how much time you spent in each area—in increments of:

- 0.25 (15 minutes)
- 0.5 (30 minutes)
- 0.75 (45 minutes)

- 1 (1 hour)

You can do 7 pages for each day of the week and summarize on one page or track all on one page. Tally your hours for each quadrant.

Once you've determined how many hours you've spent in each quadrant in a week, multiply by 52 to see the total hours you spend in each quadrant/year: 365 days = 8,760 hrs = 525,600 minutes!

Quadrants	Hours/Week		Hours/Year
MUSTS Non-negotiables: health, family, responsibilities		x 52 =	
MONEY WORK Job, business, or hustle that pays the bills		x 52 =	
MEANING Soul-stirring work: passion, volunteering, hobbies		x 52 =	
MOMENTS Fun, play, rest, joy		x 52 =	

STEP 3: Reflect

Do you like what you see?

Did anything surprise you?

Which areas feel overloaded? Which are neglected?

What will you do differently this week to adjust your quadrants?

DAWN JOHNSON
EMPOWERS

Who will you invite into your community of accountability to support your shift?

Quadrant	My Thoughts
MUSTS _____ hrs/week _____ hrs/year	
MONEY WORK _____ hrs/week _____ hrs/year	
MEANING _____ hrs/week _____ hrs/year	
MOMENTS _____ hrs/week _____ hrs/year	


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Learn more about empowered living:

DawnJohnsonEmpowers.com

Facebook: Self Care with Dawn Johnson

Instagram: Self Care with Dawn Johnson

YouTube: So Tru Network

Amazon: "Rules of Engagement" & "8 Steps to Financial Empowerment"