



Score your life in each category from a score of -10 to +10. Write some notes in the right-hand column explaining your score. Set a reminder for 7-days to review your notes and then set a reminder on your birthday or some other annual milestone (i.e., New Years) and repeat the exercise. Save a copy of the activity and couple it with a voice memo on your phone if to go into greater detail.

CATEGORY	WHAT IT MEANS	ME TODAY	ME IN 7 DAYS	WHAT DO I KNOW ABOUT THESE SCORES?
HEALTH AND FITNESS	Are you active, fit, and feeling healthy?			
FINANCIAL SECURITY	Do you feel financially secure and able to handle downturns?			
CAREER FULFILLMENT	Is your job just a job, or is it a career or even a calling?			
COMMUNITY	Do you love your community and surroundings?			
FUN AND PLAY	Do you have fun and enjoyable activities in your life?			
PERSONAL DEVELOPMENT	Are you growing emotionally, spiritually, and intellectually?			
LOVE LIFE	Do you have a stable and positive romantic relationship?			
FAMILY AND SOCIAL	Do you have strong, positive relationships with family and friends?			

Add all of your scores together and divide by 8 =

What is today's date? _____

2. Where's one area where a shift upward for a battery is possible and easy over the next 7 days?

3. What batteries could be connected? Are some batteries recharged together and are some batteries drained together?

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