

[illegible]

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

PERSONAL TASKS

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

PHYSICAL FITNESS & MENTAL WELLNESS

[illegible]

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

HOBBIES, PASSIONS, & INTERESTS

[illegible]

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

HOBBIES, PASSIONS, & INTERESTS

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

FAMILY & FRIEND RELATIONSHIPS

FAMILY & FRIEND RELATIONSHIPS

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

SPIRITUALITY

[illegible]

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

SPIRITUALITY

These are the boundaries and/or routines I need to implement and enforce:

These are the most beneficial affirmations for me in this category:

CHARITABLE GIVING

[illegible]

[illegible][illegible]

These factors or beliefs are holding me back in this category:

These are the boundaries and/or routines I need to implement and enforce:

[illegible]

These are the most beneficial affirmations for me in this category:

FINANCIAL RESPONSIBILITIES

[illegible]

FINANCIAL RESPONSIBILITIES

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

These factors or beliefs are holding me back in this category:

FINANCIAL RESPONSIBILITIES

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

BUSINESS & CAREER OBJECTIVES

[illegible]

Item/Goal	Time Frame	Priority Level

Today, in this category, I feel:

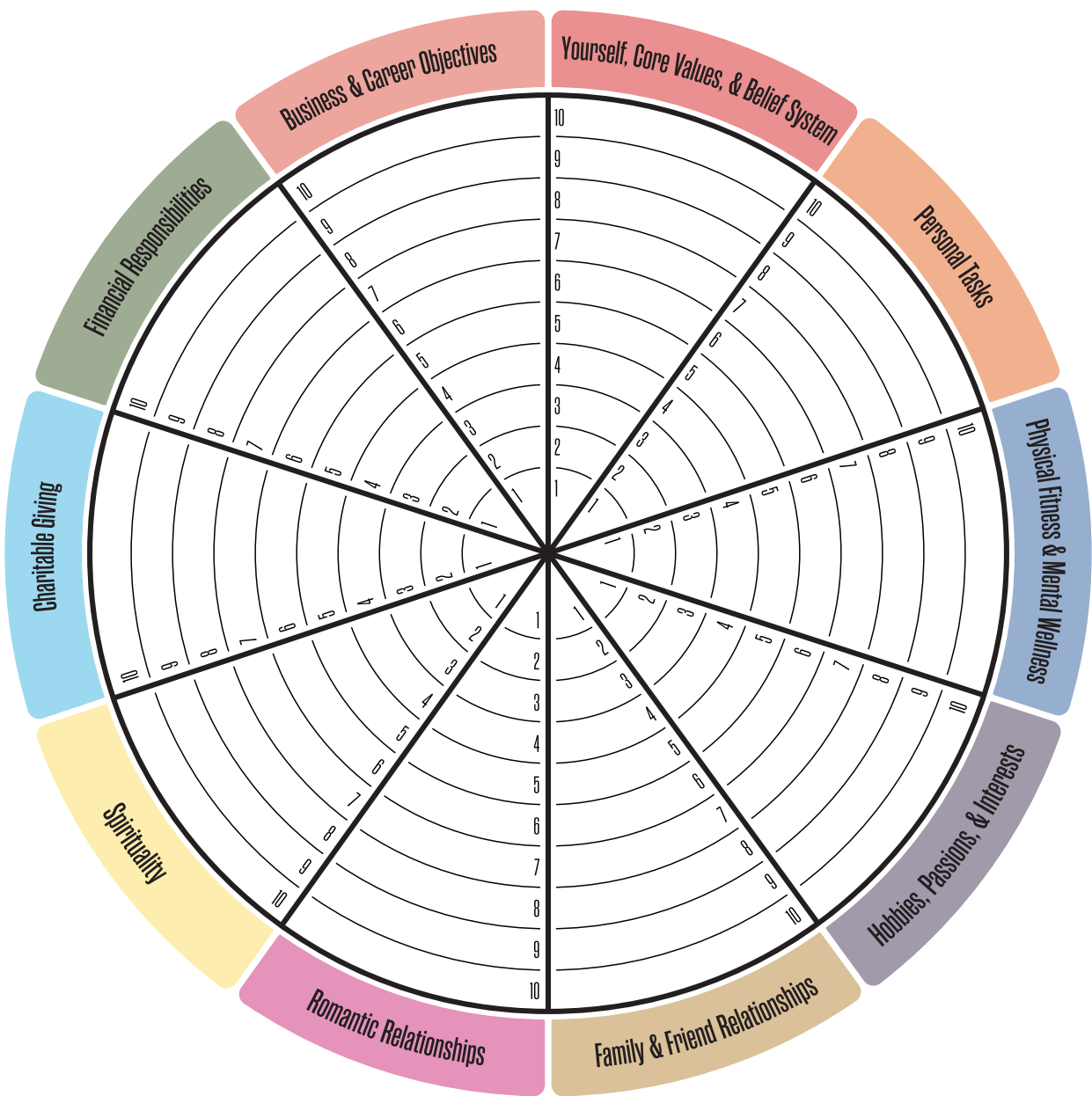
These factors or beliefs are holding me back in this category:

These are the boundaries and/or routines I need to implement and enforce:

Today, I am grateful for:

These are the most beneficial affirmations for me in this category:

ASSESSING YOUR CURRENT LIFE BALANCE: THE 10 CATEGORIES EXERCISE



S.M.A.R.T. GOALS

[illegible]

"THE 3-4-30 CHALLENGESM"

Done	Item/Goal	Goal Type
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
Week 1 (__/ __/ __ - __/ __/ __)		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

"THE 3-4-30 CHALLENGESM"

Done	Item/Goal	Goal Type
	Week 2 (__/__/__ - __/__/__)	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
	Week 3 (__/__/__ - __/__/__)	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

"THE 3-4-30 CHALLENGESM"

Done	Item/Goal	Goal Type
	Week 4 (__/__/__ - __/__/__)	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
	Week 5 (__/__/__ - __/__/__)	
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>		

"THE 3-4-30 CHALLENGESM"

Notes:

DREAMSCAPING

YOURSELF, CORE VALUES, & BELIEF SYSTEMS

PHYSICAL FITNESS & MENTAL WELLNESS

DREAMSCAPING

HOBBIES, PASSIONS, & INTERESTS

FAMILY & FRIEND RELATIONSHIPS

ROMANTIC RELATIONSHIPS

SPIRITUALITY

FINANCIAL RESPONSIBILITIES

[illegible]