



The Sculptor

Rank all the categories below on a scale of 0-10 based on your **CURRENT LEVEL** of satisfaction with that area. Then:

- a. Explain why you ranked it that way
- b. Describe specifically what it would take to get it to a 10.

MONEY/WEALTH:

CAREER & SATISFACTION OF IT:

YOUR IMPACT ON THE WORLD:

PARTICIPATION IN FAMILY:

LIFE BALANCE:

HOME:

ROMANCE:

BODY/HEALTH:

FRIENDS:

SPIRITUALITY:

CONFIDENCE:

FUN/ADVENTURE:

RELATIONSHIP TO SELF:

What about drugs and alcohol – what role do they play in your life?
Is there anything else?

Create 3 QUANTIFIABLE GOALS FOR THE NEXT 3-6 MONTHS:

Something that can be specifically measured can have a time limit.
