

Life Stock-Take

Give yourself a rating for each of the following areas of your life and then write what it would take to improve it by at least one point. This distinguishes between work as an employee and your own business. It also distinguishes between relationships. Delete and add categories as needed.

Category	Current self-rating out of 10	What it would take to increase by at least one point	Monthly check-in (progress + new rating)
Work			
Business			
Relationships (love)			
Relationships (family)			
Relationships (friendship)			
Sex			
Money			
Home Environment			
Hobbies			
Health (diet/body)			

Health (exercise)			
Learning/ Skills			
Fun			
Environment			
Charity			
Relationship (specific person)			
Entertainment			
Social Media			
(Something else! Add your own rows)			

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