

Life Marker



Balance and traction.

It's good to spend a bit of time on all areas of your life so you find the right balance for you.

Change, goals and action are great, but how will you know if you're moving, making progress, reaching your goal?

Firstly, start where you are – where are you?

Use the **Life Marker** below to give you an idea of where you are starting on the parts of your life, career and business that are important.

Change the names or add your own marker if you wish.

Instructions

Thinking about your current level of satisfaction in this area, circle a number on the line from 0-10.

You can print out the sheet or simply record the area of your life and the number you feel you are at right now.

0 is **'I'm not happy and I don't want to be here'** and 10 is **'this is brilliant and exactly where I want to be'**

Make this exercise one of your weekly, fortnightly or monthly rituals. Repeat it at the same time each week, fortnight or month and reflect on where you are. This can help you decide what you'll focus on to change or improve next.

Health & Wellbeing	0	1	2	3	4	5	6	7	8	9	10
Friendships	0	1	2	3	4	5	6	7	8	9	10
Love	0	1	2	3	4	5	6	7	8	9	10
Mission & Purpose	0	1	2	3	4	5	6	7	8	9	10
Finances & Prosperity	0	1	2	3	4	5	6	7	8	9	10
Hobbies & Recreation	0	1	2	3	4	5	6	7	8	9	10
Spirituality	0	1	2	3	4	5	6	7	8	9	10
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