



2

EVALUATE

Consider the different areas of your life, evaluating both the areas in your life that you feel are in balance or need work and the areas in your life that you love and the areas in your life that you wish you could never deal with.

Doing this rating system allows you to identify areas of strengths and weakness and areas of preference and disdain. This last one especially helps me in choosing where my efforts are maybe best spent hiring out instead of tackling myself.

**BALANCE**

Which areas need more work because you feel like they are falling short?

Which areas do you feel are succeeding or accomplished and need less active work?

1 means the area is suffering and needs improvement while 10 means this area of your life is at it's best.

HOME	1	2	3	4	5	6	7	8	9	10
FAMILY	1	2	3	4	5	6	7	8	9	10
LOVE	1	2	3	4	5	6	7	8	9	10
FRIENDSHIP	1	2	3	4	5	6	7	8	9	10
HEALTH	1	2	3	4	5	6	7	8	9	10
PERSONAL DEVELOPMENT	1	2	3	4	5	6	7	8	9	10
SELF/EMOTIONS	1	2	3	4	5	6	7	8	9	10
CAREER	1	2	3	4	5	6	7	8	9	10
EDUCATION	1	2	3	4	5	6	7	8	9	10
FINANCES	1	2	3	4	5	6	7	8	9	10
HABITS/ROUTINES	1	2	3	4	5	6	7	8	9	10
RECREATION/HOBBIES	1	2	3	4	5	6	7	8	9	10
TRAVEL	1	2	3	4	5	6	7	8	9	10



## EVALUATE (CONTINUED)

### ENJOYMENT

Which areas do you enjoy working on or give you a sense of achievement? Which areas do you wish you could forget about or never deal with?

1 means you hate spending time dealing with this area of your life while 10 means you get enjoyment or satisfaction from time spent in this area.

HOME	1	2	3	4	5	6	7	8	9	10
FAMILY	1	2	3	4	5	6	7	8	9	10
LOVE	1	2	3	4	5	6	7	8	9	10
FRIENDSHIP	1	2	3	4	5	6	7	8	9	10
HEALTH	1	2	3	4	5	6	7	8	9	10
PERSONAL DEVELOPMENT	1	2	3	4	5	6	7	8	9	10
SELF/EMOTIONS	1	2	3	4	5	6	7	8	9	10
CAREER	1	2	3	4	5	6	7	8	9	10
EDUCATION	1	2	3	4	5	6	7	8	9	10
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HABITS/ROUTINES	1	2	3	4	5	6	7	8	9	10
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TRAVEL	1	2	3	4	5	6	7	8	9	10



3

INSPIRATION

Choose 3 words that stand out to you the most or write a word in the blank box that calls out to you. Trust your gut!

abundance	compassion	patience	mastery	awareness	minimize	presence
wealth	acceptance	trust	uplift	focus	beauty	create
release	action	risk	order	generosity	discipline	free
progress	reduce	together	awake	open	laughter	gratitude
creative	exploration	forgiveness	invest	confident	fun	growth
pioneer	simplify	savor	power	delight	commit	health
love	possibility	shine	spirit	listen	grace	friendship
gentle	relentless	peace	self-love	thrive	change	adventure
heal	integrity	resolve	soar	courage	clarity	slow
joy	rise	calm	strength	dream	forward	



# CONTEMPLATE

What 3 words are you considering?

Why do you think each of these words is a good fit for you and for the ideal day you visualized?

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How do you already embody these words? How do you not already embody these words?

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Choose! Embodying which word will help you be different in your everyday and better live the life you visualized?

**YOUR WORD OF  
THE YEAR IS:**