

My Current Situation Worksheet

Foundation Needs:

In what ways in my foundation unstable?

Problems:

1.

2.

Possible objectives:

1.

2.

Higher Values:

Which of my higher values are not currently met through my primary life activity?

Problems:

1.

2.

Possible objectives:

1.

2.

Life Areas:

**What life areas need attention so I can
maintain my overall health and balance?**

Problems:

1.

2.

Possible objectives:

1.

2.