

Listed in order
of importance.



DESERT CANVAS

10 Areas of Life To Focus On

KEY: **All** | **PROFESSIONAL** | **SOCIAL** | **HEALTH**

Please rate yourself on a scale from 1-10 for each area.

1. Spirituality : _____

Do you know who you are? What your passions are? Do you hold onto certain labels or have you identified your strengths? What are you currently doing to grow your spirituality? Whether that be with a god or not.

2. Growth & Learning: _____

How do you challenge yourself to grow? Do you follow through with researching topics your interested in? Are you supported in your personal growth journey? Learn about yourself; educate yourself on topics, etc.

3. Family & Friends: _____

What are you doing to strengthen your relationships with friends and family? How are you growing closer with them and developing stronger relationships? How are you taking charge for your part of the relationship?

4. Health & Fitness: _____

How do you view your health and overall fitness? Are you willing to accept yourself fully and work towards a healthier and happier life? What can you do to work out and challenge your body? What are you eating?

5. Career : _____

Are you currently on a career path or do you want to be? Do you have a passion for what you do? If on a team, are you treating those you work with fairly and contributing to moving in a positive direction?

6. Fun: _____

What are you doing for fun? Are you actively seeking things to do on a weekly basis to free your mind from the daily grind and live in the moment? Let loose and have pleasure in your life?

7. Community: _____

How can you find your place support the community? What are you currently doing for those around you? Are you taking part in a group and taking a leadership role, using your skills to help, etc?

8. Living Environment: _____

How is your home environment? Do you keep your home clean, neat, and orderly, or is it chaotic, messy, and unsanitary? How are your relationships with those you live with? Can they be improved?

9. Romance: _____

What are you doing in you love life? Are you treating those you have romantic interactions with fairly are you opening yourself up and being vulnerable, taking chances, yet not settling and keeping your integrity and honestly intact?

10. Financial: _____

What are your financial goals, and how do you plan on reaching them? Do you budget? Do you have a plan in place, do you know how your career will help you reach those financial goals, etc?

After reviewing and rating yourself in these 10 areas develop 3 SMART (specific, measurable, achievable, realistic, and timely) 3 month goals for how you can improve!