

WORKSHEET 6.4:
BEING THE PERSON YOU WANT TO BE
ACROSS DIFFERENT AREAS OF YOUR LIFE

Area of life	<i>Who do you want to be in this area? What do you want to do in this area?</i>
My social life	
My work/education	
My finances	
My emotional health	

My relationship with my partner	
My relationships with my children	
My relationships with close friends	
My relationships with my parents/siblings	
My contribution to the community	
My spiritual life	
My valued pastimes and hobbies	
My fitness and physical and nutritional health	
Other (please specify)	