YOUR Batteries

Critical preparation to get you fired up for your future



How's your battery level?

Below are six key areas of life

Although you'll never achieve 100% perfection in all areas at the same time, this exercise will give you a good idea of what you feel is working well and what needs more attention in your life in order to feel more stable and content.

It's just a rough estimate, so don't worry about making it perfect - it's just something to refer back to at the end of 12 weeks when you review your progress.

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Home, Family and Friends	
Relationship with Significant Other	
Money and Wealth	
Health and Fitness (Physical and Mental)	
Fun and Relaxation	
Work and/or Business	
What are your thoughts about this exe Example: I notice I'm not giving any attention to my physi	