

12 aspects of life teaching

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Topic | Rate 1-10 how you feel about this topic at the moment | Rate 1-10 how you would like to feel about this in 6 months | How much brain energy does this take up? (%) | One word to describe the topic-Original words | \*Review 3 months\*How do you feel now?1-10 |
| Health and Fitness |  |  |  |  |  |
| Family |  |  |  |  |  |
| Friends |  |  |  |  |  |
| Business & Career |  |  |  |  |  |
| Romance |  |  |  |  |  |
| Finance |  |  |  |  |  |
| Physical environment |  |  |  |  |  |
| Fun & recreation |  |  |  |  |  |
| Contribution(to those around you) |  |  |  |  |  |
| Spirituality |  |  |  |  |  |
| Personal Growth |  |  |  |  |  |
| Happiness |  |  |  |  |  |

Questionnaire:

What are 3 words you would use to describe yourself?

* .
* .
* .

What does mind-set mean to you?

Do you seek to achieve more?