

kNowTime Checkup from the neck up

A. For the next few minutes think back to **one year ago** and evaluate where you were in your life in each of these areas. Rate them on a scale from 0 to 10, 10 being the highest rating, and write a sentence description of each area:

Life Aspect	Rank	Description
1. Health		
2. Emotionally		
3. Mentally		
4. Relationships		
5. Living Environment		
6. Attractiveness		
7. Physical Appearance		
8. Socially		
9. Spiritually		
10. Career		
11. Finances		
12. Personal Time		

B. Evaluate and gauge where you are today in these same areas:

Life Aspect	Rank	Description
1. Health		
2. Emotionally		
3. Mentally		
4. Relationships		
5. Living Environment		
6. Attractiveness		
7. Physical Appearance		
8. Socially		
9. Spiritually		
10. Career		
11. Finances		
12. Personal Time		

C. Compare **A** and **B** and write down a few phrases on your observations:

D. Where will you be in **one year from now**?

Life Aspect	Rank	Description
1. Health		
2. Emotionally		
3. Mentally		
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5. Living Environment		
6. Attractiveness		
7. Physical Appearance		
8. Socially		
9. Spiritually		
10. Career		
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12. Personal Time		

My Wheel Of Life

Draw your "Wheel of Life" on the chart below. The center dot represents "0" and the outer circle represents "10". Draw your wheel as it currently exists (Part B above.) You can color code, or prioritize areas you want to work on next.

