



Life Chart

Where and who are you now?

Where do you want to be and who do you want to become?

Write a few words to describe each area of your life.

Area of your life	In the present	On a scale of 1-10	Where and who do you want to be?
Health Diet Fitness Relaxation			
Wealth Salary Savings Investments			
Family Partner Children Parents / Siblings			
Relationships Friends Colleagues Neighbours			
Contribution Charities Time Donations			
Spiritual Faith / Belief Peacefulness Meditation			
Work/ Career Money Progress Relationships			
Playtime Fun Hobbies Other			
Environment Home Work Other			
Other What other areas of your life need your attention?			

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