



# A CHECK-IN

*Evaluating the areas of our life*

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**HOW ARE YOU?** Really. *How are you?* Let's look at each area of our lives and do a little check-in. Look at the categories below and write out how you are doing in each. Feel free to write in your own categories, too! Give each one a rating between 1 and 10, along with a few thoughts on why you chose that rating. 1 means you are not satisfied in this area, and want to see radical change. 10 means you are happy as a bee on honeysuckle!

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- \_\_\_\_\_ **HEALTH**
  - \_\_\_\_\_ **FRIENDS**
  - \_\_\_\_\_ **FAMILY** *(including your significant other, if applicable)*
  - \_\_\_\_\_ **FINANCES**
  - \_\_\_\_\_ **SPIRITUAL**
  - \_\_\_\_\_ **WORK**
  - \_\_\_\_\_ **RECREATION**
  - \_\_\_\_\_ **ENVIRONMENT**
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