

(I suggest you do it every Sunday afternoon/night)

Thanksgivings List: _____

Achievement List: _____

Who was I this week? _____

From 1-10, how do I grade in each area of my life now?
 (Add numbers to each one)

- SPIRITUALITY 1 2 3 4 5 6 7 8 9 10
- LOVE 1 2 3 4 5 6 7 8 9 10
- FAMILY 1 2 3 4 5 6 7 8 9 10
- FUN 1 2 3 4 5 6 7 8 9 10
- SERVICE 1 2 3 4 5 6 7 8 9 10
- CAREER 1 2 3 4 5 6 7 8 9 10
- DEVELOPMENT 1 2 3 4 5 6 7 8 9 10
- FINANCE 1 2 3 4 5 6 7 8 9 10
- HEALTH 1 2 3 4 5 6 7 8 9 10
- SOCIAL 1 2 3 4 5 6 7 8 9 10



What struggles did I face? _____

What does the Bible say about that? _____

How can I overcome these? _____

What areas of my life need more attention this following week?

Lessons Learned: _____

What do I feel God is challenging me to transform and change in my life?

Prayers: _____

Intentions for next week: _____

Goals for next weeks (Think Purpose and Balance) _____

