

PERSONAL STATUS CHECK:

What's working well? What's not working? Where to reassess and focus next...

	How are you doing?		What are you neglecting?	Notes & Action Steps:
1. TIME MANAGEMENT & ORGANIZATION	Great! 	Not so great... 	<input type="checkbox"/> Household <input type="checkbox"/> Office/Filing <input type="checkbox"/> Voicemail/Email <input type="checkbox"/> Punctuality/Boundaries <input type="checkbox"/> Errands <input type="checkbox"/> Other:	
2. PHYSICAL BODY, HEALTH & WELLNESS	Great! 	Not so great... 	<input type="checkbox"/> Sleep <input type="checkbox"/> Exercise <input type="checkbox"/> Nutrition <input type="checkbox"/> Stress management <input type="checkbox"/> Appearance <input type="checkbox"/> Other:	
3. MINDSET, INNER & OUTER RELATIONSHIPS	Great! 	Not so great... 	<input type="checkbox"/> Self care <input type="checkbox"/> Family <input type="checkbox"/> Friends <input type="checkbox"/> Networking/Colleagues <input type="checkbox"/> Private Quiet Time <input type="checkbox"/> Other:	
4. BUSINESS, WORK & MONEY	Great! 	Not so great... 	<input type="checkbox"/> Marketing/Visibility <input type="checkbox"/> Customer Service <input type="checkbox"/> Income growth <input type="checkbox"/> Saving & planning <input type="checkbox"/> Social Networking <input type="checkbox"/> Strategic Expansion <input type="checkbox"/> Other:	
5. CREATIVITY, VISIBILITY & OUTWARD EXPRESSION	Great! 	Not so great... 	<input type="checkbox"/> Fun & Pleasure <input type="checkbox"/> Self Expression <input type="checkbox"/> Creative Activities <input type="checkbox"/> External Visibility <input type="checkbox"/> Other:	
6. SPIRIT & LEGACY & MAIN THING(S)	Great! 	Not so great... 	<input type="checkbox"/> Relaxation <input type="checkbox"/> Gratitude <input type="checkbox"/> Vision: Immortality <input type="checkbox"/> Bucket List items <input type="checkbox"/> Other:	
MY GRADE TODAY:				