

# CREATE YOUR LIFE'S NEXT CHAPTER

## Step One: How Do I Feel About My Life Today?

Assess your current situation and how satisfied you are with your life? Consider the physical, spiritual, mental, financial, relationships, living conditions, and passions.



**How I feel about my life today?**

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**What am I most grateful for? What concerns me the most?**

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**How is my physical, mental and spiritual health?**

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**How are my relationships with friends and family?**

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**What brings me joy and satisfaction? What am I passionate about?**

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