

# PERSONAL LIFESCAN & ACTION STEPS

Please rate yourself in the following domains using these three scores: *great* / *okay* / *not okay (no)*  
 If you aren't rating yourself *great* then what are the next two powerful actions you will commit to for your own well-being to make changes in these domains? Check-in on yourself monthly and rate your progress.

DOMAIN	RATING	ACTION	ACTION
<b>Mental</b>			
<b>Emotional</b>			
<b>Spiritual</b>			
<b>Physical</b>			
<b>Financial</b>			
<b>Marital (Relationship)</b>			
<b>Familial</b>			
<b>Social (Friends)</b>			
<b>Work</b>			