

THE AREAS OF LIFE



We have 10 Areas of Life. The 3 core areas being Mental, Spiritual and Physical which all define how we relate to ourselves. The 7 secondary areas are all in relation to how we relate to others. Below is a description to help you understand what is being referred to whenever you are asked to think about the Areas of Life and especially whenever you see this diagram. As you're thinking of your gratitude, life goals, values, the laws and your calling, always consider the Areas of Life in your responses.

AREAS OF LIFE

- MENTAL** **How you reason and solve problems. Your intellectual capacity to learn, create and grow.**
- SPIRITUAL** **Your connection with your Higher Self, God, Great Spirit, the Universe, Life or whatever you would like to call it OR your connection with yourself.**
- PHYSICAL** **Wellness and Illness - Life and Death – and how you see and relate to your physical body.**
- FAMILY** **Who do you consider as family? Parents? Partner? Children? Extended Family such as cousins? An honorary aunt? Whoever “family” is for you?**
- SEXUAL** **Your relationship to yourself sexually. How do you see yourself as a sexual being? How do you relate in your sexual relationship with others?**
- PERSONAL SOCIAL** **Your friends, acquaintances and loved ones.**
- GLOBAL SOCIAL** **How you relate to strangers and foreigners. etc. i.e. people not in your immediate circle of social relationships.**
- FINANCIAL** **How you handle your finances? How you see yourself financially? How wealthy or poor do you consider yourself?**
- CAREER** **What carries you through life? Normally a job or a way that you earn income.**
- VOCATIONAL** **What makes your heart beat? What are your special areas of insight, knowledge and wisdom?**

Remember – The ultimate goal is to combine your career and vocation so that you get paid for doing what you LOVE.

CHECK IN WITH WHERE YOU ARE NOW!



We don't often take the time to think about how we're feeling in each of the following areas of our life. Find a quiet space and take a few minutes to really think about how you're feeling right now, with regards to the following pictures. In each section below, write, draw or scribble how you're doing in that area.



Write here what makes you **SMILE** when you read your thoughts, words or see your drawings above.

Write here what you want to **WORK ON** about your thoughts, words and drawings.

WHAT I WANT TO ACHIEVE FOR THE YEAR



How did you go? Some parts might be doing well, others might not be doing so well and that's why we have a look where we are, so we can start to think about where we would love to be.

Let's do some dreaming - How would you like to feel in these areas of your life?



Write here what it would mean to you to have everything above really happen.
Why is it important to you?

DREAM BIG



Let's find out what makes your heart sing!

Ask yourself... What do I feel inspired about?

What have I always wanted in my life?

What would I love to be, do or have?

If money wasn't an issue and I knew I wouldn't fail, what would I do?