

BASE CAMP CHECK-IN

NOTES

Note the ways that you fulfill the four important aspects of your life.

HEALTH <hr/> <hr/> <hr/>	WORK <hr/> <hr/> <hr/>
PLAY <hr/> <hr/> <hr/>	LOVE <hr/> <hr/> <hr/>

DASHBOARD

Feel how you are fulfilled concerning each aspect. Color in a part between *Empty* and *Full*.

	HEALTH	WORK	PLAY	LOVE
Full				
Empty				
	Body, mind and spirit	Paid and unpaid, such as volunteer or family related	Things that bring you joy just for the sake of doing them	Partner, children, other family, friends, pets...



REFLECTION

HOW DO YOU FEEL ABOUT YOUR DASHBOARD?

DO THE FOUR ASPECTS FEEL BALANCED OR OUT OF BALANCE (YOU DECIDE WHAT IS "BALANCED")?

DO YOU FEEL GOOD OR UNEASY ABOUT THE ASPECTS FULL OF NEARLY FULL?

HOW DO YOU FEEL ABOUT THE ASPECTS THAT ARE EMPTY OR LOW?



WHICH ASPECTS COULD USE ACTION, IMPROVEMENT OR IMAGINATION?

WHAT OBSTACLES DO YOU FEEL ARE IN YOUR WAY TO IMPROVING THESE ASPECTS OF YOUR LIFE?

WHAT COULD YOU EXPERIMENT TO GET A TASTE FOR CHANGE, THAT YOU COULD THEN ITERATE?

DOES A SPECIFIC PROBLEM STAND OUT? IS IT A GRAVITY PROBLEM OR A DESIGN PROBLEM?

