

DEFINING YOUR QUEST

NOTES

Write a few sentences on how you feel today in each area, money, impact and expression.

HEALTH	<hr/> <hr/> <hr/>
IMPACT	<hr/> <hr/> <hr/>
EXPRESSION	<hr/> <hr/> <hr/>

DASHBOARD “TODAY”

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

	MONEY	IMPACT	EXPRESSION
Full	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Empty			



DASHBOARD “BALANCE”

Create your balance that would be a more coherent life.

	MONEY	IMPACT	EXPRESSION
Full			
Empty			

REFLECTION

WHAT COULD YOU DO TO START MOVING IN THE RIGHT DIRECTION?

WHAT SIMPLE THING COULD YOU DO TOMORROW?

