

## Life Assessment 🤔

HEALTH		Rate 1-10, 1 being low.
	Mind	
	Body	
	Heart	

CAREER		
	Work / School	
	Personal development	
	Volunteering	

HOUSEKEEPING		
	Homecare	
	Financial	
	Food	

RELATIONSHIPS		
	Family	
	Friends	
	Significant other	

FUN		
	Hobbies	
	Vacation	
	Entertainment	



**Start 2020**



**Create 2020 Resolutions**