

“Where Am I” Exercise

Evaluate some of the key areas in your life to determine what’s going on and how you feel about it. Don’t judge yourself, just be honest.

Area	Where am I? What’s going on in this area?	How and what do I feel about it?
Career/Vocation		
Leisure/Recreation		
Relationships		
Health and Wellness		
Creative Expression		
Legacy (Making a Difference)		
Finances		
Personal Growth		
Spirituality		
Other		
Other		