

The New Horizons...Creative Solutions Life Focus Chart

Your present situation A self analysis

On a scale of 1 to 10 (1 being poor and 10 being fully achieved/ happy), grade each of the categories below, as they are at this moment.

Focus	Value 1 to 10	Date	Comment
Marriage/ Partner			
Family/ Home Children/ Parents			
Relationships Friends/ Colleagues/ Neighbours			
Social			
Personal development			
Health Diet Fitness Wellbeing			
Attitude			
Career/ Job			
Wealth Salary/ savings			
Spiritual Religion/Meditation/ Mindfulness/ peacefulness			
Leisure/ 'at play'			
Personal Comments:			
Total Score:	/110		