



“Grow, Rise & Thrive”

Think about 1 area where you would like to see growth in 2021.

- Why is that important to you? Why now?
- What gets in the way of you thriving in that area of your life? What else?

What is one positive emotion that you want to feel more often in 2021?

- What actions or habits provoke that emotion for you?

Alignment Assessment

On a Scale of 1-10, with 10 being the highest:	Rate how important is each area in your life.	How much time and effort have you put into this area in the 6 months?
Health		
Family/Parenting		
Intimate Relationship		
Career/Financial		
Friends		
Faith and Spirituality		
Fun and Enjoyment		
Community Service		
Personal Development		

*Circle the areas where is there a +2 or -2 Delta between the 2 columns.

