

12 LIFE AREAS™

*Anytime you feel any negative emotion or feeling,
turn your energy to these Life Areas™*

Today: List specific ways you lived these Life Areas™



CURIOSITY AND LEARNING

Engage in child-like wonder; Tap into wisdom.



GOALS AND ORGANIZATION

Plan and live a priority-driven life.



BALANCE AND FULFILLMENT

The power of your senses; Live an abundant life.



GRATITUDE AND ATTITUDE

Retrain your brain and overcome negative thoughts.



PASSION AND PURPOSE

Discover and live your God-given design.



NUTRITION AND WATER

Nourish your body; Live your personal wellness story.



MOVEMENT

Build momentum in your personal and professional life.



RELATIONSHIPS

Engage in the power of effective communication.



SPIRITUALITY AND FAITH

It's not about religion.
It's about a relationship with your Designer.



REST AND RELAXATION

Be content; Have fun. Breathe.



SERVICE AND GIVING BACK

Serve with your unique gifts;
Care for yourself so you can care for others.



ADVENTURE

Leave your comfort zone; Dare to try something new.