

DESIGN YOUR LIFE WORKSHEET

Choose an area of your life: Relationship, Health, Finances, Career. Decide what you would like that area to look like. Specifically, what are the contents? What aspects absolutely must be in place, or must not be present? What are items that are preferences, but that aren't deal-breakers for you.

When you become clear on the components of your life, you can make agreements with yourself and others to create exactly what you want! To the degree that you are clear, choices become easy. For support, join the [MindBody Community on Facebook](#).

ABSOLUTELY MUSTS

WOULD BE NICE IFS

ABSOLUTELY NOTS