



How to Set the right goals so that you can live a fit and fabulous lifestyle

Many people commit their lives to pursuing the empty goals of power, ambition and making money, only to end up neglecting their family and losing the respect of their spouses and children.

It's probably fair to presume that not too many people reach their final hours wishing that they had earned more money, or that they had spent more time at work, building their own business, or even someone else's business.

Life is quite short and it is a balancing act. However, only you know what is right for you. Redefining how you think about life-work balance is important. Understanding it does not mean equality in all areas all the time, but rather an ebb and flow.

This worksheet will assist you in designing a strategy for setting your life goals.

HowStep 1) Identify the 8 areas of life to work within.

Money & Finance

Environment

Personal Development

Business & Career

Service and Contribution

Recreation & Play

Relationships

Health and Fitness

Step 2) Evaluate your level of happiness and satisfaction in each area

Step 3) Define what "success" means to you

Step 4) Determine your “Greatest Life Vision

Step 5) Write a vision statement for each area of your life

Step 6) Get into action

Step 7) If you get stuck, work with a mentor and become the master of your own life

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