Life Review Worksheet

Are you living a life of purpose?

We all have a unique life purpose for which we are the sole key holders. If you are unsure of what your life purpose is, ask yourself this question: What have you been through in your life that uniquely positions you to help others? The answer to that question can guide you. What matters most is to be moved, to love what you do and to be of service.

At this stage in your life do you know what your true life purpose is? And are you honoring it? If not, what is getting in your way? Life circumstances? Finances? Fear? Lack of Confidence? What would your life look like if you stepped onto the path of your true life purpose? What would need to change in your life?

We invite you to journal on this subject and explore your relationship with your true life purpose. At this point, it's okay to not have the answers or to feel like your purpose seems impossible to honour. Wherever you are, is okay.

You can either print out this worksheet, or copy the layout into your own journal to explore in your own way. We invite you to examine where you are in your life currently, in each of the following areas. If you feel called, you can also rate each area of your life from 1-10, 10 being the most satisfied. Be gentle with yourself through this process, being careful not to judge yourself. The areas in your life that are feeling less than ideal are areas that you can work on throughout the course!

Health & Wellness

Without judgement, reflect on you overall physical, emotional, mental and spiritual health. Where do you feel good? Where do you struggle? Where can you make changes to optimize your overall health? Do you practice self-care? And if so, are you consistent with it? How would you rate your overall health & wellness of your life from 1-10? 10 being the most satisfied.

Relationships

Do you consider your relationships healthy? These may be family, friends, work colleagues or even your relationship with yourself. Which relationships bring you the most joy and happiness? And what relationships do you struggle with? Do you have any relationships that you perceive are unhealthy? What are you currently doing to heal or transform those relationships? How would you rate this area of your life from 1-10? 10 being the most satisfied.

Family

Do you feel loved and secure in your family relationships? Do you feel supported? Are you close with your family? Or are you estranged? Is family very important to you? Where do you feel challenges in your family dynamics? How would you rate your relationship with family from 1-10? 10 being the most satisfied.

Life Purpose (including business, career, parenting)

What are your unique gifts? Do you currently share them with the world? Are you in a career that feeds your soul and utilizes your unique gifts? Do you feel your gifts are needed and valuable? Do you feel fulfilled at the end of your work day? What have you been through in your life that uniquely positions you to help others? How would you rate this area of your life from 1-10? 10 being the most satisfied.

Creativity & Passion

Do you know what your true passions are? Do you feel creatively fulfilled? How do you cultivate creativity in your life on a daily basis? When was the last time you honored your own passions? Do you support other people's passions? What gets you excited and motivated about life? How would you rate this area of your life from 1-10? 10 being the most satisfied.

Finances

Do you feel positive about your financial wellbeing? Do you feel financially free? What financial challenges have you had in the past? What are your financial dreams for your life? How would you rate this area of your life from 1-10? 10 being the most satisfied.

Faith & Spirituality

Do you have a faith that you practice and follow? Are you spiritually alive and connected? How do you practice spirituality in your life? Do you feel it's important to nourish your spirituality for your wellbeing? How do you incorporate spirituality in your everyday life? How would you rate this area of your life from 1-10? 10 being the most satisfied.

Goals

Have you set short term and long term goals for yourself? How often do you revisit these goals to measure progress? Do the goals you originally set still make sense? This would be the perfect time to do some goal setting for your life. Consider each of the areas covered above. Reflect on the vision for your life. Remember this course is about helping you realize your dreams, not adding to your to-do list. How would you rate your ability to set goals for your business and then meet them from 1-10? 10 being the most satisfied.

1 Month	3 Months
1 Year	5 Years

Achieving Goals

As we've previously mentioned, this course is not meant to give you extra tasks on your to-do list. This is for dreaming the big dreams, getting clear on what they are, implementing daily practices and using the energy to achieve your dreams.

This is not to say that a to-do list isn't important in your daily life. An effective to-do list will help you for short and long term goals. Here are some key points in creating an effective to-do list:

- Create a list that is realistic and can be accomplished in that day. This will focus your energy for what is required and promote a feeling of success each day.

- Mark tasks as important, urgent, and routine. This helps prioritize your day.

- Include smaller steps for a larger project. This will help the progression of that project and avoid overwhelm when it comes do deadlines.

- Don't forget to leave time for creative and strategic thinking and planning.

- Best practice is to create your list at the end of each day, for the next day. That way you can easily start your day running.