

# LIFE DESIGN

**Step 1:** Write down your areas of life. List with a line in front of them and three bullets below. (I write mine on index cards.)

Here are the areas I would suggest starting with (you may want to add/subtract):

- \_\_\_ Spiritual
- \_\_\_ Primary relationship
- \_\_\_ Children
- \_\_\_ Family
- \_\_\_ Work/Career
- \_\_\_ Finances/Money
- \_\_\_ Home/Environment
- \_\_\_ Ministry/Life Calling
- \_\_\_ Friends/Community
- \_\_\_ Health/Exercise
- \_\_\_ Personal Development/Growth
- \_\_\_ Fun and Play
- \_\_\_ Appearance
- \_\_\_ Relaxation

**NOW.....**Rate each area of your life based on the following scale:

“10” means I am absolutely **thriving** in this area.

**Very satisfied** and can't see any room for improvement at this time.

“1” means I am absolutely **surviving** in this area. I am very **dissatisfied** in this area of my life.

Obviously there are many numbers in between. Now, rate the areas of your life.

## **AFTER RATING...**

USE the bullets below each area of your life to explain why the rating **is** what it **is**.

EXAMPLE: \_\_3\_\_ Spiritual

- I rarely do my daily devotions every day
- I struggle with my perception of a loving God
- I have never had enough faith to get me through the hard times
- I need more friends who are Christians

**Step 2:** Fold a letter size piece of paper into quarters. Repeat with other sheets of paper until you have enough to house all the areas of your life.

Start with the lowest rated areas and write about the following guidelines:

What would a “10” look like in each area?

*Write down a brief set of bullets.*

Keep a time line in mind (12 to 18 months is most common)

What would fulfillment look like in each area (w/ time line)?

Use present tense, when writing (I am, It is, they are)

Compare with your life purpose statement. *What would fulfillment look like in this area if I were truly living it within my life purpose?*