

# My Limitless Life

*My Limitless Life is a powerful visual tool to help you assess your level of satisfaction and fulfillment in 8 key areas. Rate your level of satisfaction on a scale of 0-10. The goal is not to have perfect 10s in each section, but to have overall balance. When one area is substantially below the others, it can create a challenges. Next, use the "Desired Outcome" boxes to define how you would feel at your optimal level. Ex. "I feel strong and healthy enough to enjoy my favorite activities and family."*

## FINANCES

1 5 10

Desired Outcomes

## HEALTH

1 5 10

Desired Outcomes

## FAMILY & FRIENDS

1 5 10

Desired Outcomes

## ROMANCE

1 5 10

Desired Outcomes

## PERSONAL GROWTH

1 5 10

Desired Outcomes

## FUN & RECREATION

1 5 10

Desired Outcomes

## PHYSICAL / ENVIRONMENT

1 5 10

Desired Outcomes

## BUSINESS / CAREER

1 5 10

Desired Outcomes



# My Limitless Life: 1-Year Goals

Using your "Desired Outcomes" from page 1, set a clear, actionable 1-year goal to help you reach that state of being. Ask yourself, "What could I do/achieve within the next year to help feel the way I want to in each of the 8 key areas of my life?"

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