

# BOOST HEALTHY PRODUCTIVITY EXERCISES

## LIFE AREAS

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## Example of Life Areas

### MAIN LIFE AREAS

- HEALTH/ENERGY
- WORK/BUSINESS
- MONEY/FINANCE
- RELATIONSHIPS/LOVE/FAMILY
- LIFESTYLE/HOBBY
- SOCIAL/FRIENDS
- HOME/ENVIRONMENT
- REST/RECREATION/FUN

### OTHER LIFE AREAS

- KNOWLEDGE/EDUCATION
- COMMUNICATION
- PRODUCTIVITY/ORGANIZATION
- CONTRIBUTION/IMPACT
- EMOTIONS
- SPIRITUALITY
- CLIENTS
- ETC.

Choose six to eight areas of your life that  
are important to you

# LIFE AREAS

## Your Life Areas

Life Area	How do I rate my life area today?	How much would I like to change it?

# LIFE AREAS

## The Wheel of Your Life

