

Part 2: Identify the changes you want to make.

For each category below, describe the change(s) you desire to see. Use additional paper as needed.

- What is the most important change you want to make in this area? (It's ok to have more than 1, but no more than 3)
- What goal(s) do you want to accomplish here? (It's ok to have more than 1, but no more than 3)
- What help do you need in this area?
- What is your first step toward making that change?

Self Image

Spiritual Life/Relationship with God

Marriage or Single Life

Family Relationships

Work/Vocation/Career

Church/Ministry/Charitable work

Personal Finances

Physical Health and Well Being

Mental/Emotional Health and Well Being

Personal Development and Goals

Social Relationships

Recreation and Hobbies