

Eight key life areas



To assist you with making sense of your world, it helps to put it into categories to organise your thoughts.

These 8 areas enable you to look across your life - in terms of what you have and don't have in each area, but also what you might want in each one in the future.



Finance

Steps you take to ensure your financial security



Health & Fitness

Activities you do to attend to your physical health



Spiritual/ Emotional Wellbeing

Things you do to look after your mental health



Personal Relationships (love/sex)

Most intimate relationship(s)



Career/Business

Any 'work' activity whether or not it is for financial profit



Family & Homelife

Immediate and extended home environments



Education/ Personal Development

How you grow your knowledge or learn new skills



Social & Recreation

Friends, hobbies and non-work activities or interests