

## HEALTH CHECK

Rate your current state of health in the following areas on a scale from 1 to 10

Spiritual .....	<input type="text"/>	→	What will it take to level up?
Relationships .....	<input type="text"/>	→	What will it take to level up?
Well Being .....	<input type="text"/>	→	What will it take to level up?
Physical .....	<input type="text"/>	→	What will it take to level up?
Professional .....	<input type="text"/>	→	What will it take to level up?
Financial .....	<input type="text"/>	→	What will it take to level up?

**Know where you have been, where you are now, & where you want to be.**

- JIM VALVANO

Identify 3 things that you are grateful for

1

2

3

What opportunities to improve have been exposed by the challenges you are facing?

What does success look like for you 3 months from now?

WIN: What's important now?