

Get Off Autopilot

Start by reflecting on 6 core areas of life.

WORK

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

FINANCES

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

FUN AND PLAY

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

RELATIONSHIPS AND LOVE

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

MENTAL AND PHYSICAL WELL-BEING

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

LEARNING AND GROWTH

WHAT'S WORKING FOR ME IN THIS
AREA?

WHAT ISN'T WORKING?

Get Off Autopilot

ON A SCALE OF 1 TO 10, HOW SATISFIED ARE YOU IN THE FOLLOWING AREAS:

WORK

1

10

FINANCES

1

10

FUN/PLAY

1

10

RELATIONSHIPS/
LOVE

1

10

MENTAL/PHYSICAL
WELL-BEING

1

10

GROWTH/LEARNING

1

10

WHAT AREA(S) OF YOUR LIFE DO YOU WANT TO FOCUS ON?