

When it comes to understanding the ten capitals of your life, take time to examine each area to determine where you are currently, and where you want to be in 3 years. The first column needs to add up to 34. The second column needs to add up to 68. Where is the biggest gap? If you want to grow capital in an area, you need to invest other capitals to get the capital you don't have.

The Ten Capitals	My Life Now (this column needs to add up to 34)	My Life 3 Years from Now (this column needs to add up to 68)
Physical Capital: which includes diet, exercise, sleep, and overall wellbeing.		
Mental & Emotional Capital: which includes understanding your thought processes, managing stress, understanding your feelings, and learning how to cope with difficult emotions.		
Financial Capital: which includes budgeting, saving, and investing.		
Relational Capital: which includes intimacy, connection, and communication with your spouse.		
Spiritual Capital, which includes exploring faith, practicing gratitude, and finding meaning in life.		
Leadership and Impact Capital, which includes being conscious of how you lead those in your community and the impact you have on society.		
Vocational Capital, which includes career development, professional growth, and finding purpose in your work.		
Social Capital, which includes interpersonal relationships, communication, and developing a support system.		
Recreational Capital, which includes hobbies, leisure activities, and taking time for yourself.		
Educational Capital, which includes continuing to learn and grow and developing new skills.		