

SET YOUR SIGHTS ON WHERE YOU WANT TO GO:

To define your NEXT season, answer the following questions:

1. Describe overall what's happening in your life right now. It might include major roles and responsibilities, dreams you're pursuing, questions or decisions you're unsure of.

2. On a scale of 1: not satisfied to 10: very satisfied, rate each of the following areas of your life, based on where you'd like them to be. Then briefly describe them.

- a. Physical Health -
- b. Spiritual Life -
- c. Living your purpose -
- d. Financial Security -
- e. Fun/hobbies/friends -
- f. Emotional Health -
- g. Organization/Cleanliness -
- h. Family -

3. Describe how life feels in this next season.

4. What people, things, responsibilities or other priorities will you give most of your time and attention to?

5. *What challenges or obstacles have you overcome to get to this new season?*

6. *Give this season a title. In the same way that chapters in a book are given a name, give this season of your life a name.*
