

My life strategy

Transfer your notes and thoughts from Part 1 and Part 2 to the table below so you have it all in one place.

My life mission is:

My core values are:

My life intentions for each area are:

Physical & mental wellbeing

Work, employment, study

Finances

Relationships

Leisure and fun

Joy

This template is to be used with the book **Control-Alt-Delete**, How to reset your life and get back on track