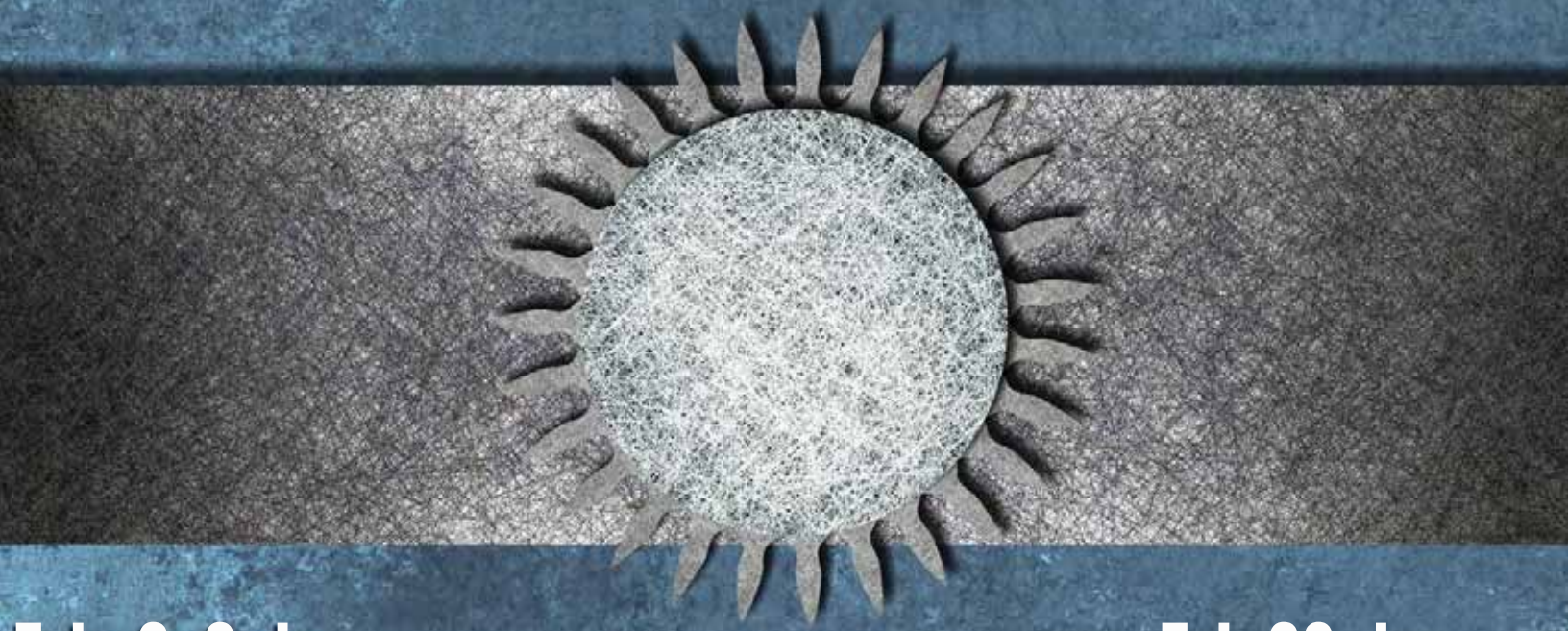
Define The Life YOU Want



Eric S. Gale

EricSGale.com

Define The Life You Want

When you define the life your want to live, you need to identify significant what you want in the major areas of life. Below are the 9 areas that I identified for my life and used in the blog post.

In each of these areas, I shared one item from when I did this exercise. At the end of this worksheet, I added spots for three more areas of your life that I might not have identified. I also provided spot for you to describe your ideal week.

Examples From My Life

Money or Material

I want to provide memories for my wife and daughters. This will mean more experiential purchases and less material stuff. To do this, I need to earn $_____ on average per year.

Self-Confidence

I want to develop a growth mindset and understand that while it begins with a decision to be growth minded, it is an ongoing process.

Adventurous

I want to try things like sky-diving, bungie jumping, and travel.

Spiritual

I want to grow more like Jesus each and every day. I want to be able to act immediately when presented with an opportunity to help someone.

Career-Related

I want to work on projects that last a month or so, definitely under three months. I want to work with people that need my help and will appreciate it.

Lifestyle

I want a relaxed lifestyle where an alarm clock is not needed most days. I have flexibility do my work around family events, meaning that I can take off in the middle of the day to go to my daughter's school for an activity or have an impromptu lunch with my wife.

Health (Physical & Mental)

I want to keep my psoriatic arthritis at bay so that I can play with my kids now, dance at their weddings, and play with my grandchildren.

Social

I want to live in an area that I can help those less fortunate than me. This will be done primarily through activity I participate in with my church and through offering my abilities to various non-profits.

Family

I want to develop a strong relationship with my wife and daughters. I will do this using their individual Love Language to show them I love them.

Money or Material

Self-Confidence

Adventurous

Spiritual

Career-Related

Lifestyle

Health (Physical & Mental)

Social

Family

Area #10

Area #11

Area #12

My ideal week would look like: