

**A Plan of Life**

**Body  
Physical Life**

**Mind  
Intellectual Life**

**Heart  
Relational Life**

**Soul  
Spiritual Life**

**What's working?**

**What needs to change?**

**Where can I grow?**

**What ONE THING  
will I focus on now?**

**How will I measure it?  
(Objective, External)  
(Fruits of the Spirit)**

**What resources do I need?**

**To whom am I accountable?**

**How long will I do it,  
and when will I review it?**